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# glastonbury LIFE

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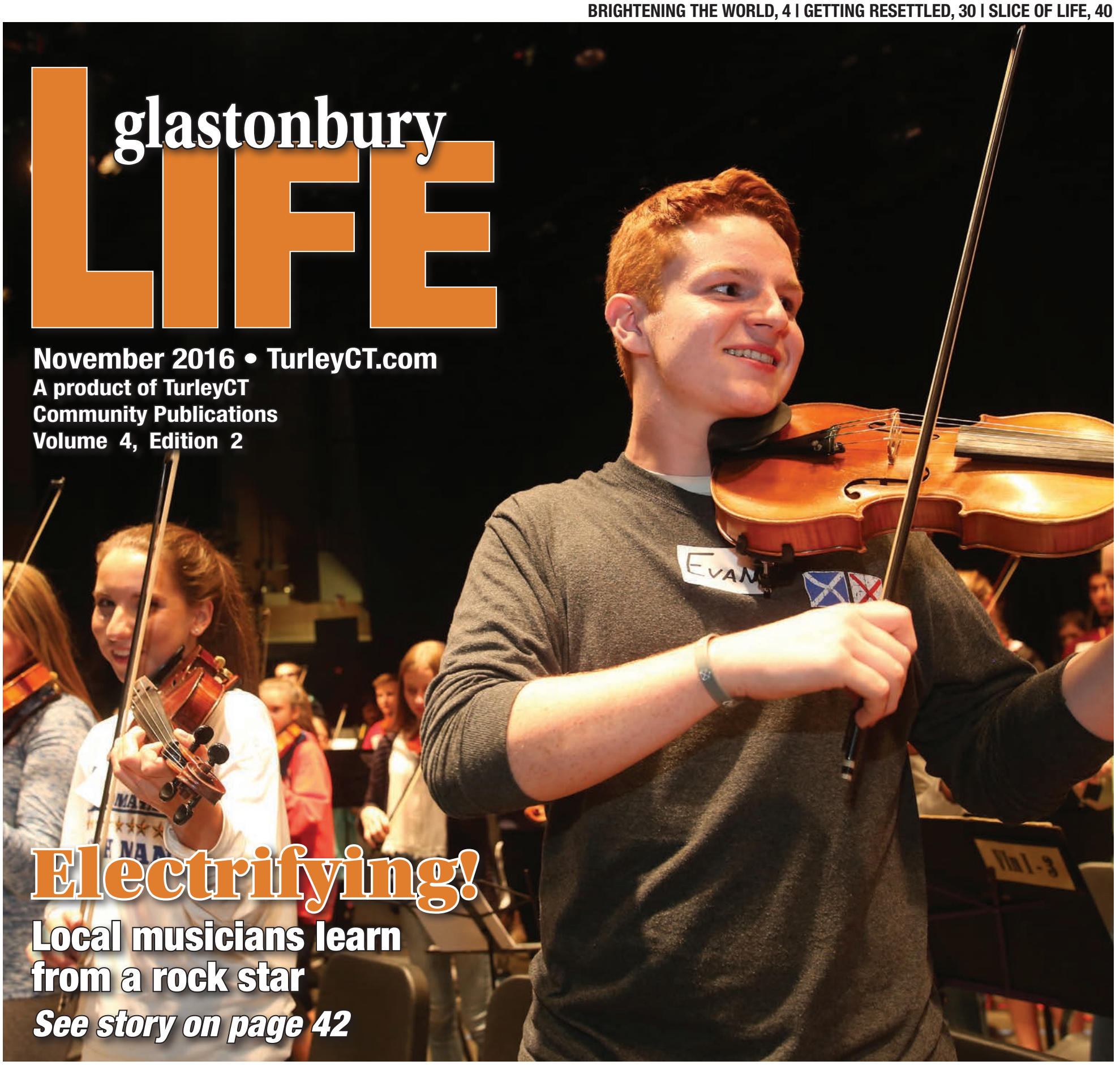

## Electrifying!

### Local musicians learn from a rock star

*See story on page 42*

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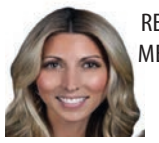
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**42 COATES FARM, HEBRON, $649,900**
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**148 WESTCHESTER RD, COLCHESTER, $1,300,000 RESIDENTIAL/COMMERCIAL**
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**224 NEEDLETREE LANE, GLASTONBURY $289,900**
Contemporary 4 BR Home, features Eat-in Kit w/ Brkfst Bar & Granite, LR w/ Cathedral Ceilings, Lower Level w/ Fam Rm & Wet Bar. Immediate occupancy. MLS# G10110678.

**267 HOG HILL ROAD, MIDDLE HADDAM $284,900**
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**16 RIVENDELL, MARLBOROUGH $399,900**
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**335 CABIN ROAD, COLCHESTER $249,900**
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**437 MOODUS ROAD, EAST HAMPTON $274,900**
Raised Ranch w/ 3 room In-Law Apartment, Large lot w/ In-ground Pool, Main house has remodeled Kitchen, w/ SS Appliances, Finished Lower level w/ Fireplace & Mini Kit plus ½ bath. MLS # G10123909

**40 FELICIA BARBER, COLCHESTER $369,900**
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**284 FARMCLIFF, GLASTONBURY $374,900**
Classic Colonial (4) BR, (2 ½) Bath w/ Custom Open Kit/Fam Rm w/ Fpl, Formal DR & LR, Finished Lower Level Family Rm, Entertainment Rm & Office. MLS# G10111765

**13 HAWTHORNE RD, E. HAMPTON $214,900**
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**379 WILLIAM STREET, PORTLAND $324,900**
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**6 PEACHTREE TERR., FARMINGTON $329,900**
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**17 ACCORNERO LANE, GLASTONBURY $329,900**
Prime Approved Building lot in South Glastonbury's newest and prestigious area. Fantastic Views of Hartford! MLS# G10134078

**476 NAUBUC AVE., GLASTONBURY $159,900**
Commercial/Residential options, older house oncorner lot with much potential Zoned as "Town Center Mixed use". 12.080 Sq Ft Lot, additional land available total package $260,000 MLS# G10150029

**69 BURNAP, ANDOVER $359,900**
New Quality Construction to be built on 4 Acre Country Lot, Plans shown are for a smaller house, adding 6' to total width of house making the house about 1900 Sq Ft. Building . Call now for meeting with the Builder to discuss plans and specifications.

**49 AMES, HEBRON $479,900**
New construction to be built by HOBI award winning Draghi & Caron construction on 7 acre Lot. Amston Lake Association area, use of association lake access with membership. See spec sheet for builders inclusions. Other models available at different prices.

**51 AMES, HEBRON, $849,900**
Absolutely amazing home site for this spectacular new colonial. Relax on the front porch and enjoy the view and serenity. Luxury custom home to be built by HOBI award winning builder. Dream kitchen, dream master suite and so much more. Views of Amston Lake, Wild Blueberries, Birch, Maple, Oak & Hickory Trees & Wild Flowers throughout this wonderful 45 acre lot.

**149 NAUBUC AVE., E. HARTFORD $230,000**
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glastonbury LIFE

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## QUOTE OF NOTE:

"Roz and I knew a lot of people interested in social causes and helping out. We raised the money, then we did the program and it was a big success." - *Alan Spier*

**See story page 36**

## ON THE COVER

**GHS violinist Evan Mitchell gets into the music under the direction of rock musician Mark Wood.**

**Photo by Brian Ambrose**
See story page 42

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A photo of Michael and Nancy Lepore from when they were stationed at Camp Lejeune is on a table in the foyer of Cardinal House, their Main Street bed and breakfast.

Photo by Mara Dresner

Nancy Lepore writes handwritten notes to ill and wounded servicemen and women.

# Brightening the world one letter at a time

## Nancy Lepore writes to cheer veterans

**by Mara Dresner**
*Staff Writer*

Ken Aune has never met Nancy Lepore, but the Jacksonville, Fla., resident is grateful to her all the same. Aune recently wrote Lepore to thank her for the card she sent him as part of a prayer chain sponsored by the Marine Corps League Auxiliary.

The program was started by the organization's national chaplain.

"All of our members across the country can send requests for prayers and/or cards for our members or their loved ones who are in distress. The requests are then emailed to any member who wishes to participate," said Elaine Schieffer, New England Division vice president of the Marine Corps League Auxiliary. She said Lepore wanted to do something special and volunteered to send a hand-written card to every request across the country. "We have received so many wonderful notes of thanks and appreciation for the cards and prayers," Schieffer said. "The prayer chain not only brings comfort to people but also strengthens the bond of comradeship between the auxiliary and the Marine Corps League. It also exemplifies a part of our mission: to foster love of a reverence to our God, our country, our family and our home."

Schieffer met Lepore and her husband, Mike, a number of years ago at a Marine Corps Birthday Breakfast, hosted by the Peter P. Monaco Jr. Detachment of the local Marine Corps League, where she had been invited to sing the National Anthem.

"Since their detachment does not currently have an Auxiliary Unit, Nancy decided to join my Brass City MCLA Unit in Waterbury. She is not able to attend our meetings, but is very dedicated to the prayer chain mission she has chosen," Schieffer said.

Although she's a member of the Brass City Unit, Lepore wears the cover of the now-defunct Peter P. Monaco, Jr. Unit.

The Marine Corps League Auxiliary is a subsidiary of the Marine Corps League, which was founded by Major General Commandant John A. Lejeune. It is the only federally Chartered Marine Corps-related veterans organization in the country. Lepore's husband served in the Navy at Camp Lejeune after graduating from dental school in the late 1960s.

Nancy Lepore writes a hand-written note in response to each request she receives, often using stationery that her husband has designed. The notecards feature a cardinal, reflective of Cardinal House, the bed and breakfast they own on Main Street.

While each card is personalized, she often ends with a prayer for healing from Matthew: "May the good Lord bless you with strength, healing and peace."

"On the bottom of all my letters,

I put down Semper Fi and oohrah," she said.

She doesn't plan out what she'll write ahead of time.

"I just say what's in my heart. Sometimes I'll say that God gently lifted His hand down and raised you up to a better place, or I just say I'm sorry for so and so's passing, she will be missed, enjoy the memories, keep the faith. I use that word a lot," she said. "I'm not really a person who thinks of things ahead of time. It just comes to me."

She said handwriting the cards is an important part of the process.

"Somebody said, 'Send an email.' That depersonalizes the whole theory here. It takes more thought, time and consideration to put the personalization in by writing the card," she said.

She has a simple reason for participating in the program.

"It's for the same reason I give people hugs; that's my other ministry. People ask why I give them hugs. I say it's because you deserve it, and it makes them feel that much better that day, and it makes me feel twice as much better," she said. "It's all because I like people and I want to say something to them to make them feel better, to make them understand that there's someone out there that cares."

She also sings at funerals through the choir at Saint Paul's Church. Sometimes she receives requests for prayers from the Marine Corps League Auxiliary, which she gladly does.

She no longer keeps track of how many cards she send but estimates she writes 100 each year. In addition to the cards her husband designs, people donate cards to her and she also buys cards at thrift stores. She said each note takes about 15 minutes and she personally walks them to the mailbox.

"Nancy is a very kind and thoughtful person. She actually makes cards from photographs she takes of her beautiful flower gardens. Making the time to tend the gardens, take pictures and turn them into cards takes a lot of love and commitment. In addition, her handwritten notes of encouragement, prayers, and at times condolences, come from the heart of a truly remarkable woman. Nancy sets the example of the love and dedication we find in so many wives of servicemen," Schieffer said. "When one of our Marines, veterans or family members receives cards and prayers from all over our nation, they have responded with such gratitude. The thank you notes that we receive are heartwarming and they reinforce our commitment to our mission of helping our Marines and their families. It may seem like a small part of our Marine Corps League Auxiliary but has a great impact on those who receive the blessings. It also meets our main purpose, as proposed by Lt. Gen. John A. Lejeune, 'to preserve the traditions and to promote the interests of the United States Marine Corps.'"

**Michael Lepore has designed notecards for his wife to use when writing to ailing servicemen and women.**

Photo by Mara Dresner

Lepore downplays the importance of her contributions.

"I feel it's such a privilege to be part of the military all together and I wouldn't have been if it wasn't for being married to Michael. There's a lot of tradition and I'm big on tradition," she said. "[This] will make somebody feel good, like a hug." **GL**

*For more information about the Marine Corps League Auxiliary, contact Elaine Schieffer at 203-758-3865 or elaineschieffer@sbcglobal.net.*

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CAMPAIGN 2016

# Three incumbents, three challengers

## Full slate of candidates vying for state senate and house

**by Nancy Thompson**
*Editor*

The federal campaigns for president, U.S. Senate and U.S. House of representatives are getting most of the coverage, but local voters also will be able to cast ballots in three hotly contested races on the state level.

The town straddles two districts in the general assembly and shares a state senator with Manchester.

Unlike the campaign two years ago, this year all three races are contested, with Prasad Srinivasan, a Republican, running for re-election against Matt Saunig, a Democrat, in the 13th general assembly district, Republican Mark Tweedie seeking a second term against Democratic challenger Joe Diminico in the 31th general assembly district, and Republican Lorraine Marchetti challenging incumbent Democrat Steve Cassano in the fourth state senate district race.

Here are statements from each of the candidates along with biographical information. Additional information about ballots in the town's nine voting districts can be found in our news roundup on Page 47.

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# CAMPAIGN 2016

## State general assembly 13th District

### Mark Tweedie, Republican incumbent

*Resident of: Manchester*

*Education: Manchester High School; Naval School of Dental Technology, New York University, Master of Dental Technology*

*Current employment: Owner, Tweedie Dental Arts, LLC*

*Community activities: Volunteer, parks and recreation and AAU youth sports, Little League executive board member, coach, umpire and sponsor for more than 25 years; Elks Lodge BPOE #1893 veterans' committee chairman; past president Connecticut Dental Laboratory Association; past president St. James School Home and School Association.*

*Current or previous elected positions: State representative, 13th general assembly district, 2014-2016, serving on environment, veterans and appropriations committees, opioid drug prescription working group; Manchester Board of Directors, 2007-1014.*

I have been married to my wife, Melissa, for 30 years and am a proud father, small business owner, and U.S. Navy veteran.

I founded Tweedie Dental Arts in 1984. I want to be re-elected so I can make sure our state government keeps its commitments to excellent public education and public safety, while taking care of those in need.

I voted against the 2015 budget and its emergency revisions that were knowingly based on false revenue projections. Connecticut residents deserve better than whack-a-mole budgets, surging taxes, and devastating reductions to human services. Gov. Malloy and the go-along Democrats have consistently rejected sound fiscal policies in favor of promoting the interests of a select few and also voted to cut funding for essential services like education, mental health, and help for the intellectually disabled.

I and my legislative caucus have a real sustainable plan to make our state vibrant and affordable for individuals, families and businesses. I will continue to fight for investment in schools, attracting and retaining businesses that create high-paying jobs, and lower taxes for elderly on fixed incomes and the families who want the best for the kids' futures. I have kept my pledge to vote against the reckless short-term initiatives that are destroying our state.

We need truly qualified individuals who are accustomed to careful long-term, sustainable planning in our government. My experiences as business owner and legislator make me the best candidate to serve the 13th District. Please vote for me on November 8.

### Joe Diminico, Democratic challenger

*Resident of: Manchester*

*Education: East Catholic High School, University of Hartford*

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LORRAINE MARCHETTI
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Paid for by Lorraine4CT, Tim Devanney Treasurer, Approved by Lorraine Marchetti

# CAMPAIGN 2016

*(attended 3 years)*

*Current employment: Realtor*

*Community activities: Former chairman, planning and zoning commission; former member, library board, charter revision commission, board of assessment appeals; fair rent commission, housing authority board of commissioners*

*Current or previous elected position(s): State representative 13th District 2013-2015; selectman, Town of Manchester 1999-2013*

In 2012, the voters of the 13th Assembly District elected me as their state representative. It was an honor and privilege to serve the citizens of Glastonbury and Manchester in the Connecticut General Assembly. I am running again to bring common sense back to our district.

Having once served as our state representative, I have a proven record of fighting for the right values and rising above partisan politics. My efforts included fighting to protect the residents of Glastonbury against the MDC;

sponsoring legislation providing foreclosure relief; working to expand the availability of natural gas service for the residents of the 13th district; and

co-sponsoring legislation to give adult adoptees access to their birth certificates and vital health information.

As your state representative, I will fight for middle class jobs and income, demand accountability of our state government and assure that the voices of the citizens of the 13th district are heard in the legislature. I will also vote to eliminate taxes on Social Security.

The 13th district includes the Smith Middle School and Hebron Avenue School voting districts of Glastonbury as well as two voting districts in Manchester. Rather than seeing this district as divided between two zip codes, I regard the voters in the 13th district as family and neighbors united in their concern that the voices of the middle class are heard.

I would appreciate your vote on November 8 so that I can again be your voice at the State Capitol.

## State General Assembly 31st district

### Prasad Srinivasan, Republican incumbent

*Resident of: Glastonbury*

*Education: MD, residency, chief resident, pediatrics, Brookdale Hospital, Brooklyn; fellowship, allergy and immunology, Michael Reese Hospital, Chicago; Fellow of Allergy, American College of Allergy, Asthma and Immunology and American Academy of Allergy Asthma & Immunology; member, Connecticut State Medical Society; chairman, nominating committee, Hartford County Medical Association*

*Current employment: Allergy Associates of Hartford, PC*

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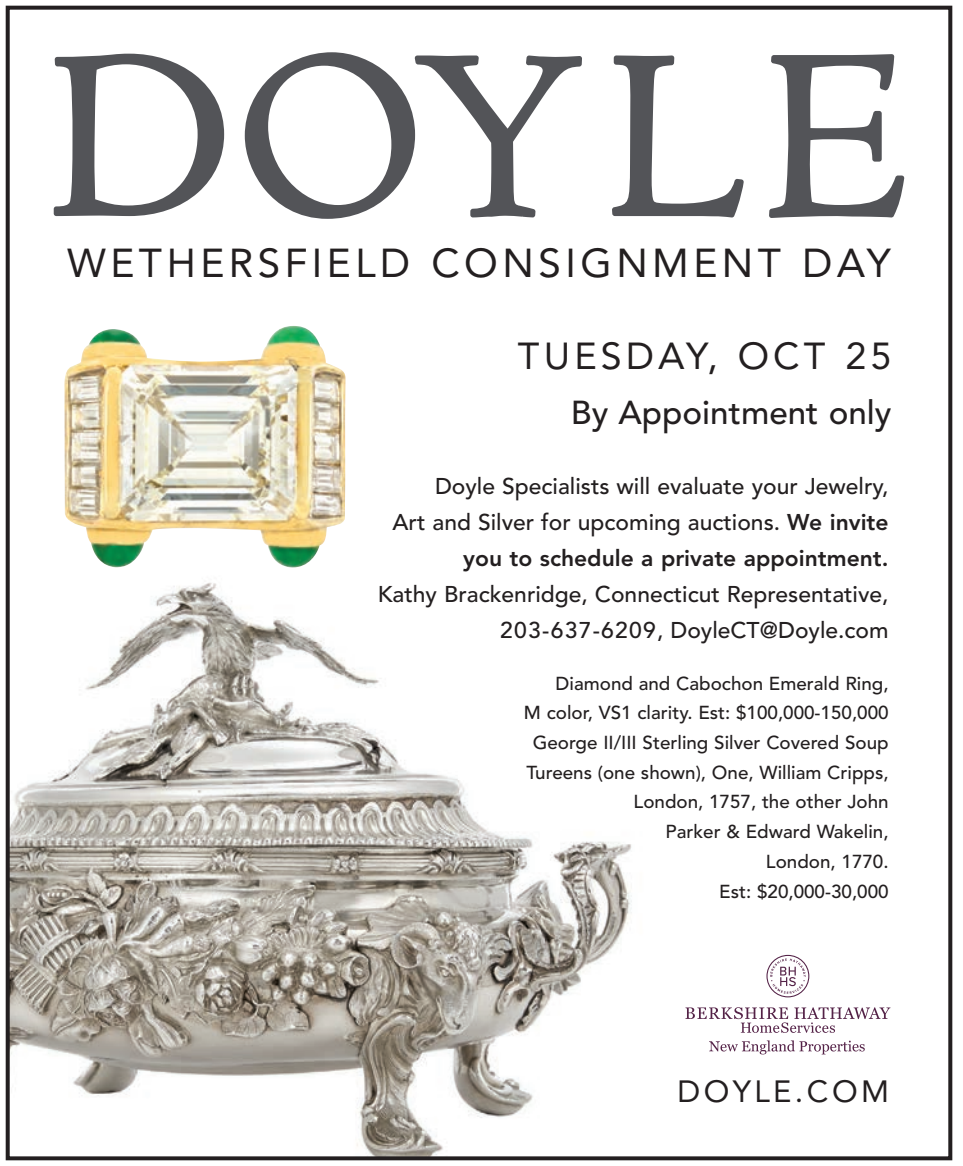
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Glastonbury is fortunate to have three leaders who know how to work together to tackle Connecticut's problems and bring about change.

Vote for Prasad, Lorraine and Mark on November 8th.

www.prasadsrinivasan.com www.Lorraine4CT.com www.facebook.com/Tweedie4CT

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*Current or previous elected position: State representative, third term*

Connecticut is in a fiscal crisis. People are leaving our state. As a small business owner, I understand that we stifle growth with burdensome taxes, excessive regulations and unpredictability. We cannot tax ourselves to prosperity.

We must be better stewards of our resources. Republicans in the legislature have a plan for Connecticut – the Pathway to Sustainability. Fixed costs drag our state budget. The entire legislature should vote on state union contracts. We must revisit the overtime calculation.

Reforms should not leave our most vulnerable neighbors behind. We are and will always be a caring community. But if we do not fix Connecticut, the aged, ill, disabled and poor will be hurt the most.

Healthcare is a major concern. This year, we acted to curb opioid abuse. Now, we must privatize group homes. And we cannot improve the quality of care if we treat our hospitals as piggy banks to close budget gaps.

Glastonbury has wonderful schools. But our budget is exploding because of excessive mandates from the Capitol. We need a rule that unfunded mandates require a two-thirds majority to pass. Pension reform and healthcare benefits also must be addressed fairly.

Sadly, the Democrats have us on a path that will bankrupt our state. Staying the course is not an option if we want Connecticut to provide the opportunities for our children that it gave us.

Thank you for the honor of serving as your representative.

With your support on November 8, I will continue fighting for a brighter future.

## Matt Saunig, Democratic challenger

*Resident of: Glastonbury*

*Education: B.A. University of Connecticut; J.D. cum laude The Catholic University of America Columbus School of Law*

*Current employment: attorney*

*Community activities: Glastonbury Ethics Commission, 2015; Glastonbury Public Buildings Commission, 2016-present; parishioner, St. Paul's Church*

My name is Matt Saunig and I'm running for the opportunity to serve as your state representative. My wife and I are proud to call Glastonbury our home. We are also proud to live in Connecticut, but the sad fact is that too few people feel the same way.

Our state is at a crossroads. As businesses and a talented workforce look elsewhere for opportunity, it's becoming clear that Connecticut needs new ideas. The time is right for a fresh perspective that considers creative ways to revitalize the economy.

Connecticut should be a place where people and businesses live and thrive. We have some of the country's best colleges, universities, and vocational education. We must do better to ensure those students choose Connecticut as the place where they join the workforce upon graduation. Proving ourselves as a

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# CAMPAIGN 2016

viable alternative in the region will inject new life into our economy when businesses move in because of our deep talent pool. I will push for a renewed focus on bringing new business opportunities to the state.

I'm a Manchester-raised lawyer and UConn alumnus. I'm a Democrat, but true leadership comes from considering ideas that may be different than your own. I'll work with both parties to reignite Connecticut's economy and put the state on a sustainable path forward. I'm running for state representative because I love Glastonbury and Connecticut. If elected, I will work tirelessly so that more people feel the same way. I would be honored to have your support.

## Steve Cassano, Democratic incumbent

*Resident of: Manchester*

*Employment: Small business owner and state senator*

*Community activities: Founder, current president, Christmas in April (now called Rebuilding Together); founder, current president, Mayor's Program for Manchester Children, which has donated more than $500,000 to Manchester children; member, Manchester UNICO, Elks Lodge, Army-Navy Club.*

*Education: Nantucket High School, 1959; Manchester Community College, associate's degree,1968; Boston State College, UMass Boston, BS 1969; State University of New York, Albany, MS 1970; University of Connecticut, MSW 1975.*

*Current / previous elected positions: Deputy mayor, Manchester, 1977-1989; minority leader, Manchester, 1989-1991; major of Manchester, 1991-2005; state senator 2011-2016.*

I have served Manchesterfor 28 years, during which we opened two regional shopping malls and countless restaurants, built three industrial parks, bringing thousands of jobs, and invested in the revitalization of Main Street, the heart of Manchester.

I have earned respect as a bipartisan leader who gets things done, serving as chairman of the government administration and elections committee, the planning and development committee and the higher education and employment advancement committee. I chair the transportation bonding sub-committee and serve on the finance, revenue and bonding committee, the transportation committee and the state's spending cap commission.

I am proud of the work I have done on behalf of Glastonbury residents. I truly enjoy being connected with the people in our district.

Jobs have been my highest priority. I am proud to report that I helped obtain over eight million dollars to in bonding to keep and create hundreds of jobs in our local economy. Employment in our district is up over 40 percent since 2011.

# CAMPAIGN 2016

State aid to the four towns totaled $55 million this term, money critical to our schools, buildings, roads, bridges and quality of life.

I am introducing bills to eliminate income taxes on Social Security for everyone and begin phasing out taxes on all pensions. We will continue to focus on reducing outdated and burdensome regulations and restoring program cuts that have adversely impacted our most needy citizens, particularly seniors and people with disabilities. I ask for your vote so I can continue serving you.

Photy by EB Taylor

## Lorraine Marchetti, Republican challenger

*Resident of: Glastonbury*

*Education: BS, MA, University of Connecticut*

*Community activities: Founding member, Glastonbury Education Foundation; board of education liaison, parent-teacher-school organization; Glastonbury Republican Town Committee, executive committee, recruitment and nominating chair, campaign chair, municipal and state elections; high school, middle school and elementary school political action committees; St. Dunstan's Church; Connecticut Association of Boards of Education convention committee; Capitol Region Education Council representative; 2010 Glastonbury Republican of the Year; Connecticut Republicans fourth senatorial award*

*Current or previous elected positions: Town council vice chair, 2011-2013; school board 1999-2010, vice chair 2003-2010, budget, personnel, facilities committees, contract negotiations, chair, curriculum, policy and communications committees*

I seek to return to public service as your state senator in the fourth district because I am not ready to give up on our great state. I came to Connecticut from Lewiston, Maine, to attend The University of Connecticut, and upon graduation, I chose to stay in Connecticut.

My husband and I chose Glastonbury as the community to build our life together and raise a family.

It has been an honor and a privilege to serve on Glastonbury's town council and board of education. I pledge to bring to Hartford the same work ethic and continue to expect accountability and transparency from all decision makers.

As your state senator, I promise to work with and for you, listen, do my homework, try to understand all sides of issues before making a decision, encourage open and honest discussions and strive to reach consensus whenever possible.

Connecticut is in serious trouble. Families and businesses are leaving. This election is very important. Now is the time to challenge leadership and redirect Connecticut's future. We must work together to change how business is conducted in Hartford. Together, with your vote and support, we can save Connecticut because we deserve better.

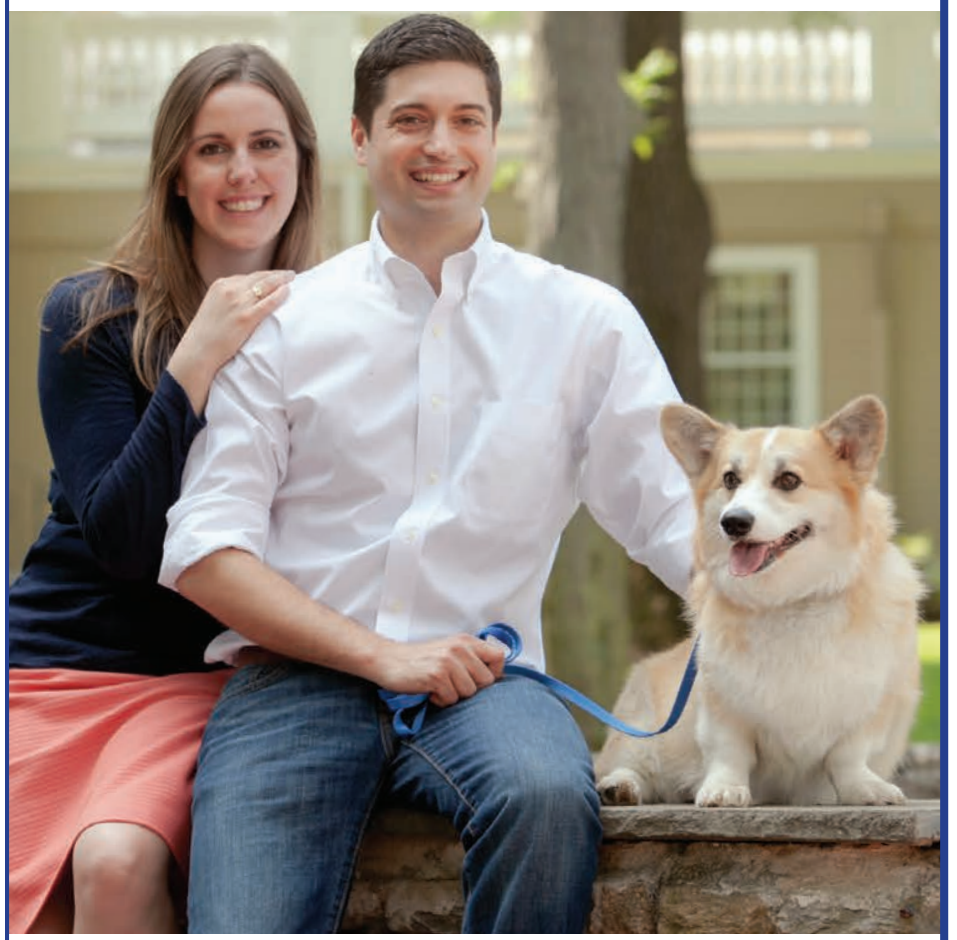
Please go to my website, Lorraine4CT.COM to read and hear more about me. You can reach me at 860 836-7637 or by email at Lorraine.Marchetti@icloud.com.

Your vote for Lorraine Marchetti on November 8 is the first step towards saving Connecticut. Thank you for your continued support, encouragement, and consideration. **GL**


# Matt Saunig
## — State Representative —

**MATT SAUNIG IS RUNNING** for State Representative because Glastonbury needs a new voice at the Capitol—one that will help the state realize its great potential. With a fresh perspective and new energy, Matt will get Connecticut's economy back on track by getting our budget under control, keeping businesses here, and standing up for the values that define our town.

**MATT LIVES** with his wife Ellen in East Glastonbury along with their corgi, Brendan. He graduated from UConn, earned his law degree at the Catholic University of America's Columbus School of Law, and currently serves on Glastonbury's Public Building Commission. Matt and Ellen are parishioners of St. Paul's.



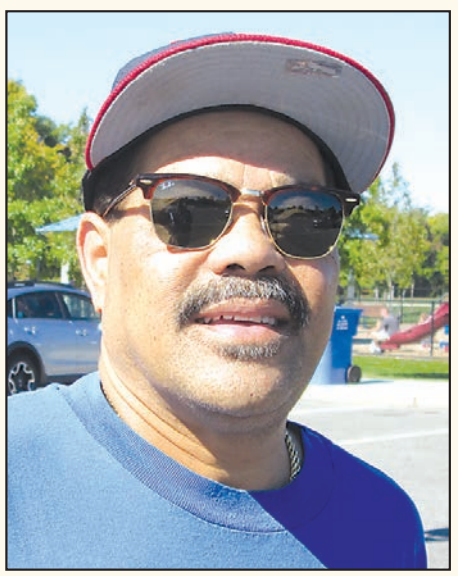
Paid for by Saunig 2016, Bob Zanlungo Treasurer. Approved by Matt Saunig.

# Your Thoughts

## This month we asked residents:

With Election Day almost upon us, the rhetoric is flying fast and furious. No matter what your political beliefs, the way to take a stand is through the voting booth. Glastonbury LIFE was curious why people vote and so we asked visitors to Riverfront Park their reasons for casting a ballot.

***Here are some of their responses.***



**People should vote. You're trying to pick who you think is best whether it's for your country, for your state or for your city. If you don't vote, you don't have the right to complain or to say anything because you didn't vote.**

***– Ray Dones***

**We live in a democracy. In order to have a political system that represents what we want, we need to vote.**

***– Juanda Simons***

**It's our civic duty, and hopefully, maybe, our voice will be heard. You have to do it – you can't not.**

***– Angela Piscitelli***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Residents from town and elsewhere enjoy Glastonbury's scenic paths and roads.

Kevin Savage photo

# A friendly community

## Programs appeal to diverse populations

**by Mara Dresner**
*Staff Writer*

People who live here already know what a great community Glastonbury is. The schools, the restaurants, the parks, the shops – Glastonbury definitely has a lot to offer. It's also a friendly community. Sure, neighbors will stop to chat and you might strike up a conversation while grabbing a cup of java, but it's also officially friendly. The town has been awarded certification for its efforts in appealing to various populations.

Bicyclists appreciate Glastonbury's many beautiful views. The town is a Bicycle Friendly Community, a designation through the League of American Bicyclists.

"This process actually officially began with a meeting in my shop that was attended by a representative of the League, town staff and officials, including the town manager, and bike advocates including members of Bike Walk Glastonbury. The reason we were able to get everybody together and host this was that one of my suppliers, Trek Bicycle Corporation, helped to fund it, so we had this great opportunity for a League representative to come and consult," said Deb Dauphinais, co-owner of Bicycles East on the New London Turnpike. "There is a lot of criteria and a very comprehensive application process, focusing on the 5 E's, – engineering, education, encouragement, enforcement, and evaluation and planning. An important concept is that the process really focuses on ongoing improvement to maintain your designation or to earn higher level designations. The award acknowledges the great things that have been done and also acknowledges the town's commitment to continue to make improvements."

In November 2013 Bill Nesper, the league's vice president of programs, visited Glastonbury, where he took part in a bike tour of key areas in town, followed by a presentation and discussion hosted by Bicycles East. Nesper provided an overview of the program and offered guidance on the application process. Attendees included Bike Walk Glastonbury board members, town staff including the town manager and representatives from engineering, planning, public safety and public health, officials including town council chair Chip Beckett, representatives from Bike Walk Connecticut and the state department of transportation, as well as representatives from South Windsor, who had received certification as a Bicycle Friendly Community earlier.

Dennis Desmarais and his daughters Josephine and Allison enjoy a bike ride around town last year.

Courtesy photo

The process continued at the Bike Walk Glastonbury meeting that December when two major steps were taken: The town formed a bicycle advisory committee and designated a bicycle program manager, two requirements for a successful application and for a successful ongoing program.

The planning came to fruition when Glastonbury received the bronze level award. In a few years, the community must reapply.

"In order to move up to 'silver' level or even to maintain our bronze level, we have to show improvement – we can't just stay the way we are," said Dauphinais, who is also a board member of Glastonbury Bikeways and a member of the State of Connecticut Bicycle and Pedestrian Advisory Board.

She said Glastonbury is an ideal place for riders.

"Glastonbury is a beautiful town. In a single ride, without leav-

ing town, we can see the Connecticut River, orchards, farms, gardens and more. We have locations for road cycling, multi-use paths and great mountain bike areas. The town is also working hard to make our town even better for bicycling by working on roads and creating additional paths. Glastonbury has something for everybody when it comes to bicycling. We have clients as young as one year old who ride in child carriers, and we have cyclists in their 80s doing all kinds of riding. There are some great new electric pedal-assist bikes that make bicycling accessible to more people. They ride just like regular bicycles, but they basically flatten the hills," she said. "For me, bicycling is an inherently friendly activity. When I travel by bicycle, I smile and wave to the people that I see, and, usually, people are friendly in return. When I travel in my car, this is much less likely to happen. We become anonymous inside our cars. People rarely acknowledge the other drivers on the road or the people on the sidewalk or in the crosswalk, when they are driving. When we bicycle, we are more present to our environment and to the people around us. We are friendly. Life is simply better on a bike!"

Of course, there are many ways to see the town, including on foot, and Glastonbury has been a Runner Friendly Community since 2011.

"The 'Runner Friendly Community' was submitted by Beth Shluger of Hartford Marathon Foundation in partnership with Glastonbury River Runners and the help of Art Byram, who at the time was our Road Runners Club of America Regional Coordinator," Glastonbury River Runners President Rosemary Hokanson said. "It was important to our local community to be dedicated to a Runner Friendly Community because this designation demonstrates that the town council, local businesses and the community support runners in their communities."

**"We need to look for possibilities for seniors to get employment. Some need the income; some are bored."**

**– Eva Bowden**

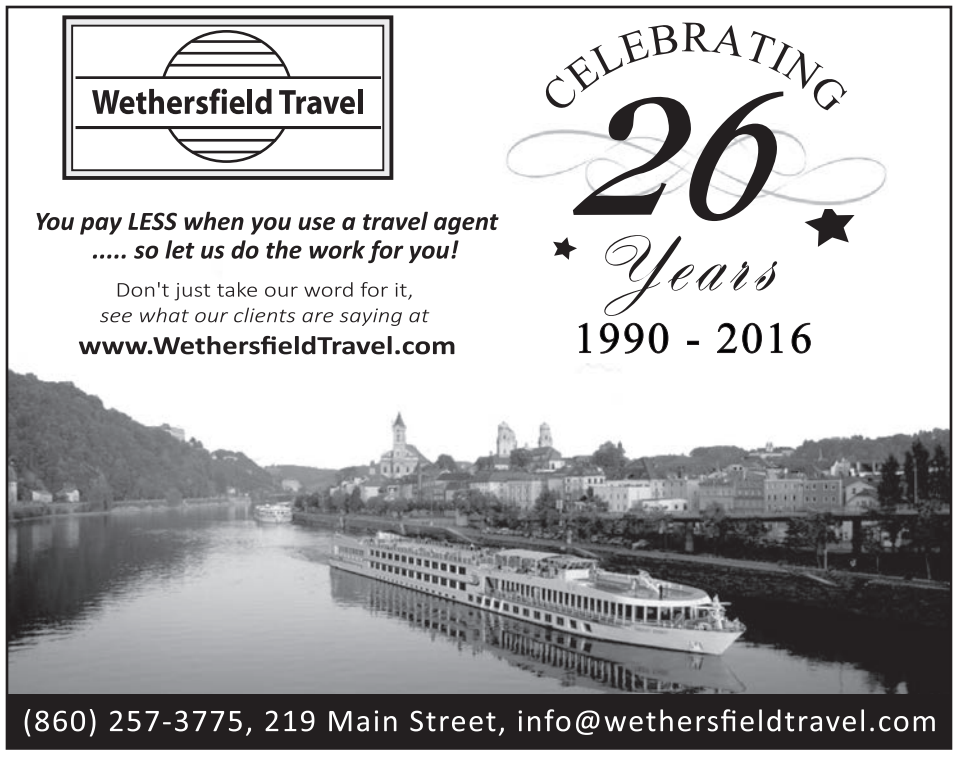
The designation was approved for five years and the town is reapplying for status.

"There are so many reasons that Glastonbury is a great town for runners! Just drive down Main Street on a Saturday morning and you can tell why Glastonbury is a great town for runners. It has great sidewalks and wide roads, as well as clearly marked crossing areas with appropriate signs. The businesses in Glastonbury support runners, walkers and bikers, many allowing you to come in and use restrooms or get a drink. SoundRUNNER, our running store in Glastonbury, even allows you to drop off keys or extra belongings as well while you are out for your run. In addition, all of our parks have adequate port-o-lets and our boat house has heated bathrooms, which makes for a great stop on a long run when the temperatures are down," Hokanson said. "In 2014, a dedicated group of Glastonbury River Runners founding members diligently worked on getting a drinking fountain approved for the town green at the corner of Hebron Avenue and Main Street. This fountain allows for children and adults to get a drink, fill up a water bottle and even has a drinking spout for dogs to take a drink as well. This fountain green becomes a popular meeting place for many runners to gather for a run, or to celebrate a post run with friends. We have even sponsored a health fair on the green to support healthy living for the community in June of this year in collaboration with many of our sponsors and local businesses. We have an active business community dedicated to a healthy living community, which is supported by our local chamber under the direction of MaryEllen Dombrowski, avid runner herself."

Hokanson, who also serves on the Commission on Aging, said there are a number of running groups in town, including the Glastonbury River Runners, which hosts two free 'Get Fit to 5K' training programs and organizes group runs for runners and walkers of all abilities, Hartford Marathon, which organizes training groups, and soundRUNNER, which has also organized runs and hosted training programs. There also are several running programs for youths and children.

"There are also smaller organized running groups that are forming all over town, and whoever we meet, we all smile and shout encouraging words to each other as we pass along the roadsides," she said.

Hokanson is hard-pressed to pin down her favorite spots for a run.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"Over the last five years, I think I have run every road in Glastonbury with our club members of Glastonbury River Runners. Glastonbury offers so many beautiful places to run and all types of roads; some flat as a pancake, rolling hills and very large hills like Belltown Road. But Glastonbury also offers some trail running and dirt roads," she said. "I have two favorite places I run in town. I love a morning run in my neighborhood of Farmcliff. There is nothing like starting at one end of my neighborhood on a hill and running to the other side to an even larger hill up Fall View to be blessed with a beautiful sunrise or a view of the Hartford skyline. I have been known to post pictures of my view once I get to the top of Fall View because it always takes my breath away – the view that is not the hill! My other favorite place to run is the true River Run in South Glastonbury. This is also such a picturesque run alongside the beautiful farms of South Glastonbury, down to the ferry, loop around to continue down Tryon along the river to the Marina and beyond. To be honest, I do not think there is a bad place to run in Glastonbury. We have such a beautiful town and I can say that I have run on roads in Glastonbury that I did not even know existed in our town. Sometimes I like to just run down Main Street in Glastonbury because I love the friendly faces I see of fellow runners, walkers and bikers who are also always there to support each other as we pass on by. The best part of my Saturday runs with my fellow Glastonbury River Runners, is enjoying our rewarding coffee at Daybreak if we are in the center of town, or So G if we are in South Glastonbury. This time is spent celebrating our morning run, talking about upcoming races or just catching up on what's new in our lives that week. The best part is realizing running is better together."

It's not just athletic pursuits that make Glastonbury a friendly place. The town is known for its support of its seniors and is completing the application process to join the AARP Network of Age-Friendly Communities. About 21 percent of the town's population is above the age of 60, equal to the number of school-aged children in town.

"It must be a great town because we have the largest proportion of seniors over the State of Connecticut and the nation, so people are staying here and enjoying the community. We have a two-time accredited senior center. There are lots of services for seniors: Dial A Ride, help filing taxes, the meal program at the senior center. It's just a great, great staff of social workers who are very available and great programming at the senior center. Things like have really made a big difference," said Eva Bowden, chair of the Glastonbury Commission on Aging.

Seniors take to the dance floor at recent jazz party at the senior center.



Eric and Patricia Gray enjoy a recent jazz party.

Courtesy photos

The town is continually taking steps to improve life for seniors, such as adding a new vehicle that allows a ramp to be lowered close to the ground so a wheelchair can go on board.

The senior center is working on its third accreditation from the National Institute of Senior Centers, a process that must be completed every five years.

"There are nine standards with that. They are very explicit with the things you have to meet and supply support for. The notebooks we've sent in the past have been at least four inches thick. Last time they told us it was best information they'd received," Bowden said. The process also includes an onsite visit.

The initial application for the AARP program was submitted April 1. The Commission on Aging is working with the senior center and the Department of Human Services of the Town of Glastonbury on the project. That includes working on evaluating and improving the Eight Domains of Livability: outdoor spaces and building; transportation; housing; social participation; respect and social inclusion; civic participation and employment; communication and information; and community support and health services.

"The goal is to continue to transform Glastonbury into a town that residents of all ages want to stay in and 'Age in Place,'" the application states.

"According to studies 90 percent of seniors want to stay in the home, or at least in their community. We want to keep people. It's a growing population and we as a town need to be aware of that and provide support and services for this part of the community," Bowden said.

While she said some aspects, such as transportation, social activities, community support and health services, are doing well, there are areas that need improvement, such as affordable housing and employment.

"We need to look for possibilities for seniors to get employment. Some need the income; some are bored," Bowden said. "We need to do better on community education. I personally would like to receive more help with senior nutrition, such as ways to help them learn to spend their money wisely and get nutritious foods which is healthy."

She also would like to see the town expand its support for caregivers.

Overall, Bowden said there is constant evaluation of what's working.

"We have a very active, reactive program. It's reviewed constantly. Programs are added, or if people lose interest, we remove programs and add new ones," she said.

It's obviously an important issue, as she noted, that the senior population in town is "growing at a faster rate than the nation and the state."

Patti White, supervisor of senior services, is the community contact on the AARP application. However, she said "it was truly a collaborative effort."

"Rosemary Hokanson who is also on the commission was the principal author and the one who did the research for the project. From my perspective, Glastonbury's efforts to join the AARP network of Age-Friendly communities provides a great opportunity to raise awareness throughout the community of the evolving needs of residents as they age. Glastonbury is a community that takes great pride in meeting the needs of its residents and strives for excellence on all levels. We believe that this process will help to provide a blueprint for ways to strengthen what is currently in place for residents throughout the aging process, and to plan well for the future," White said. "We are blessed to have such great support from the residents for our beautiful community center and our senior services program." **GL**

Courtesy photo

Regional President Neil Scranton started an insurance agency in 1975 that was eventually acquired by GoodWorks Insurance.

# Dedicated to helping the community

## GoodWorks Insurance celebrates 10th anniversary

**by Mara Dresner**
*Staff Writer*

Courtesy photo

Chairman and Principal Chad P. Yonker said that donating a portion of operating profits is part of the GoodWorks Insurance company charter.

Many people consider insurance a necessary evil. You pay your premium and then cross your fingers and hope you'll never need it.

GoodWorks Insurance – and their clients – take a different approach. While they represent more than 40 insurance carriers, they're a company with a difference. Following a socially responsible business model, GoodWorks commits no less than 50 percent of their operating profits each year will be donated to non-profits supporting local education, health and public safety programs.

"The commitment is built into the company charter," Chairman and Principal Chad P. Yonker said. "It's a contract we have in the community. It specifically lays out what we are committing to do in terms of making these grants."

GoodWorks has long roots in Glastonbury.

"I started the agency at Fox Run Mall in 1975 after six years of insurance company and agency training. It was truly a one-man operation at first. I remember that the other independent agencies in town were extremely helpful in getting me going," said regional President Neil Scranton. "Through our own growth and a couple of small acquisitions, my partners, Zack Martin and Bob Johnson, and I grew to a staff of 14."

They sold the company to GoodWorks in 2009.

"We had several opportunities but we felt most comfortable with GoodWorks because it is a true independent insurance agency," Scranton said. "We are here in Glastonbury for the long run. We love giving back to the communities that we serve."

GoodWorks offers all types of personal and commercial insurance, including home, auto business, life, health and disability; plus employee benefits and retirement plans. The firm was founded in 2006 and purchased by Yonker in 2011.

"I have a Wall Street background and I worked for a number of years as a Wall Street analyst, following bank stocks and services stocks," Yonker said. "In 2002 I formed a hedge fund focused in investing in those same types of companies."

GoodWorks Insurance was one of the first companies that drew their eye.

"We were drawn to their socially responsible business model. It was beyond socially responsible. It was more socially engaged. It fit perfectly where I wanted to go," said Yonker, who splits his time between Santa Barbara, CA, and Litchfield. "We made the investment in GoodWorks Insurance in 2008. At the end of the day, the previous manager wasn't able to execute on the business model. We eventually had to take over the remaining ownership of the company; that was in 2011."

The company has been thriving and in addition to the its headquarters in Glastonbury, it has locations in New Milford, Columbia and Avon, as well as Great Barrington and Worcester, MA. The company has further plans for expansion, including acquisitions.

"We have dramatically expanded the company through internal growth as well as through multiple acquisitions. It's been great. The message we have tends to resonate with particular groups of people who care about their community and the nonprofits that serve the community," Yonker, who doesn't accept compensation for his role at GoodWorks, said. "We provide an avenue for people to do that, while not having the

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**EAST HARTFORD** **$139,900**
3BR/1BA Cape w/ huge eat-in bright, sunny kit. HW flrs underneath carpeting in BRs & LR. Lndry on main flr. Nat. gas heat & also a coal stove in bsmnt. New garage is a dream. Perfect for hobbies & storing your toys & has pot belly stove for heat!
**ALISONSEGDA.COM** **860-729-1749**

**ELLINGTON** **$249,900**
4BR/2BA Ranch in immaculate condition on cul de sac. Opn flr pln, remod'd kit w/ SS appliances. Sunroom. HW flrs under carpets on main level. 2 remod'd baths. 22x11 paver patio and new pool. Lg Kloter Farms shed, new architectural roof in 2012.
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**ENFIELD** **$259,900**
4BR/2BA Brick Ranch! HW flrs, C/Air, updated kit. 2 fireplaces. Fin LL. Tons of storage. Park-like grounds & vinyl privacy fence. Lrg level deck & backyard. One floor living at its best nestled in wonderful nbrhd perfect for those long morning walks!
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**HEBRON** **$329,900**
Beautiful 4BR/3.1BA Victorian at end of cul de sac. Front porch. HW floors thru-out. Lrg, sunlit open kitchen. French doors to priv. backyard w/ gazebo. LR has fireplace w/ custom mantel. Fully finished basement w/ full bath for extra bedroom/inlaw.
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contributions come out of their own pocket. We make contributions but that comes from their [the clients'] willingness to do business with us."

Grants to the nonprofits vary in amount but usually are in the $1,000 to $20,000 range.

"We try to make an impact," Yonker said.

Additionally, the company supports smaller ventures such as Little Leagues. GoodWorks accepts applications for the grants and has an internal committee that decides where the funds go.

Donations have been made to organizations such as Children's Advancement Fund, Providing Opportunity Through Education, Special Olympics, UNICO, Center for Autism, and Operation Fuel.

He said that as the company grows, its donations grow.

"GoodWorks has a company philosophy of supporting local nonprofits. When they relocated to Main Street, they reached out to the chamber asking us to designate a local nonprofit to be the recipient. The Rotary Club had undertaken the huge initiative of erecting a pavilion at the new Riverfront Park. Supporting their effort was a win/win for all," Mary Ellen Dombrowski president at Connecticut River Valley Chamber of Commerce, said.

**"The key is for us to be successfu is we need the members of the community to understand what we do and to support what we do."**

**–Chad P. Yonker**

Yonker said that as the company grows, their donations grow.

"Now that we're profitable and growing at a fast rate, we're doing more and more each year. From a bird's eye view of this thing, what drives this business is GoodWorks Insurance, our customers, the members of the community we serve and the nonprofits. We all have to work together in order for it to work," Yonker said.

He noted that every client helps them fulfill their mission.

"From the personal lines customer who has a house and a car, right up to the larger businesses we serve that employ thousands of people and operate at multinational level across the globe. They all count; they all count toward making a difference in the communities we serve," he said.

Beyond their donations, GoodWorks Insurance is starting to work with clients to develop additional programs.

"The key is for us to be successful is we need the members of the community to understand what we do and to support what we do. We don't just to expect to get their business because we do what we do on the charitable front. We've traditionally been able to find the best price. Price, service and charitable giving should give customers a reason to do business with us. They need to engage us and support us if they want us to continue to grow. It's a partnership in the sense if we can get more interaction from the community, we can do more with the community," Yonker said.

"GoodWorks is a true independent agency. We represent many fine and highly rated insurance companies. We represent our insureds, our customers, first. Our staff has largely remained unchanged since we partnered with GoodWorks in 2009," Scranton said. "We love giving back to the communities that we serve." GL

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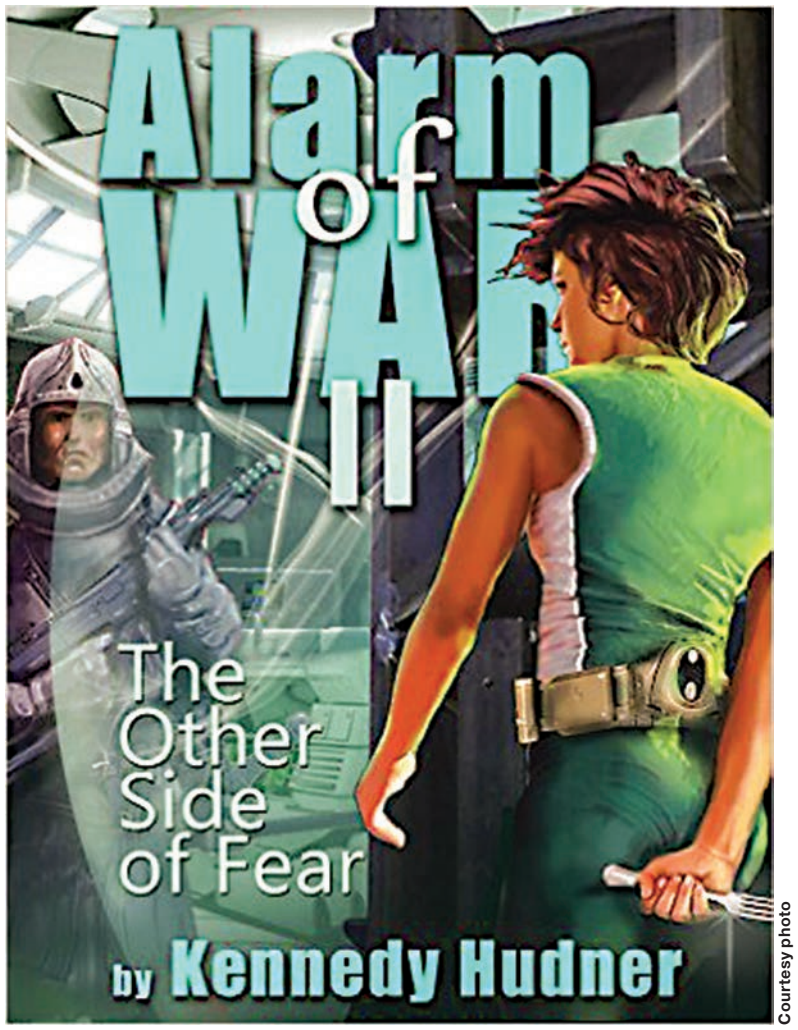


Courtesy photo

**Kennedy Hudner's "Alarm of War II: The Other Side of Fear" was released in November 2014. He's hoping to have the final book in the trilogy out this fall.**

# Sounding the 'Alarm of War'

## Attorney finishing third book in science fiction series

**by Mara Dresner**
*Staff Writer*

Growing up in Swansea, Mass., where Boston "seemed far away and exotic," Kennedy Hudner remembers a childhood love of science fiction.

"Certainly since middle if not grade school," he said.

He especially remembers enjoy authors such as Isaac Asimov and "that whole crew of that era."

"Reading about robots running amok just fun," he said. "It was very engrossing."

His writing career got off to an inauspicious start.

"I was a journalism major in college. I can't say I practiced journalism very long. I graduated in '73, and the jobs weren't plentiful and they didn't pay very well at all," he said. "I was tired of eating Campbell's chicken and rice soup for dinner. So, I decided I better do something else."

He enrolled in Yale law school, where he earned a degree.

"I started off in litigation. After a few years I decided I didn't enjoy the knife fighting enough and I quietly slid over to corporate work," said Hudner, who spent his entire career at Murtha Cullina LLP. He

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started with a law school internship and retired at the beginning of this year.

"I really miss those daily timesheets where I had to account for 1/10th of an hour," he joked.

He now has time to fully pursue his fiction writing, which he started while a student.

"When I was still in law school, I wrote a short science-fiction book. I managed to get it published in 1978 by a publisher that doesn't exist anymore. The book didn't go anywhere. It was not a successful book, but I had a lot of fun writing it," he said. "Then, I put my nose to the grindstone and practiced law for a while. I have a low boredom threshold, so I wrote a murder mystery set in Glastonbury."

He sent it out to a number of agents and generally received positive feedback, except on the length.

"They said nobody reads more than 290 pages. My book was going to be 600 pages. I put that on a shelf. [Cutting] it was more than I could face," Hudner said.

Eventually, he was drawn back to the world of science fiction, in particular a world he created. As he wrote he realized he had more than one book; it was a trilogy.

"It was about that time that Amazon Kindle got going, so I thought I will self-publish through Amazon Kindle," he said.

The first book in the "Alarm of War" series, which he started writing about seven years ago, was published in 2012.

"To my pleasant surprise, it did pretty well. There were mostly good reviews, although a handful of people thought it was the worst trash ever written," Hudner said with a chuckle. "Since the first book worked out well commercially, it gave me a shot in the arm of confidence to plow ahead with second book."

"Alarm of War II: The Other Side of Fear" was released in November 2014.

"Curiously, it's not selling as well as the first book. I don't know if that's par for the course or not," he said.

He's working on the final book in the trilogy which has a working title of "Alarm of War: Warrior Souls." He's nearing the end of the writing and has about 100,000 words written.

While the books are available solely on Kindle, he is planning to look into releasing the titles into paperback once the trilogy is completed.

He's been inspired by a number of authors, including John Sandford.

Courtesy photo

**Attorney Kennedy Hudner is in the process of completing his third book in his "Alarm of War" trilogy.**

"He started as journalist. It's wonderful writing. I always look forward to his books. His writing is just very nice," Hudner said.

He also enjoys history books.

"Military history is a hobby," he said, adding that his books are essentially military history stories.

He's been especially influenced by is "The Yom Kippur War: The Epic Encounter That Transformed the Middle East" by Abraham Rabinovich.

"He had a nice short war to work with. He can write really detailed in-depth analysis. It's short enough to be readable, and he just does a great job. He describes fighting down to the trench level very well," Hudner said. "One of the hard things to do with military history books is to really show the foibles on either side of the war or on multiple sides of war, to allow the antagonists to take advantage and make some military headway."

Hudner is also a fan of Barbara Tuchman's "Guns of August," a Pulitzer Prize-winning history of World War 1.

Although his books are fiction, he aims to have his characters fully fleshed out.

"One of the things I tried to do was have people make mistakes. One of the reviewers got a little mad, and said, 'Why do you always make generals look like they don't know what they're doing?' And I said, have you ever read 'Guns of August?' There are a lot of mistakes in a war; there are a lot of mistakes in the battle," he said.

Hudner's books are set in what he called "the far future."

"Earth has long been abandoned from too many plagues," he said.

Hudner definitely has some fun with the writing, such as using wormholes, which he said is a helpful device.

"The first book is basically the fleet getting annihilated and the surviving Victorian queen, who is actually the daughter of the queen, and the remainder of the fleet running for their lives and dragging along with them this immense construct. It's not a space ship. It's an enormous space station that has a great deal of their military in it," Hudner said. "They literally tow it, so they go slowly. It's a long-running fighting retreat. They finally make it to the next sector which is interestingly enough called 'Refuge,'" he said. "The second book is Victoria coming back, fighting their way out of Refuge and fighting to take back their Victorian home."

Donald Kray, a Glastonbury resident, has been helping Hudner with proofreading the books.

"I retired from Aetna after 34 years in IT. IT requires accuracy and an intolerance for ambiguity. Those also contribute to being a proofreader," said Kray, who has known Hudner for more than 30 years. "When I learned that Ken was an author, I asked if I could read his book. He loaned me a copy and


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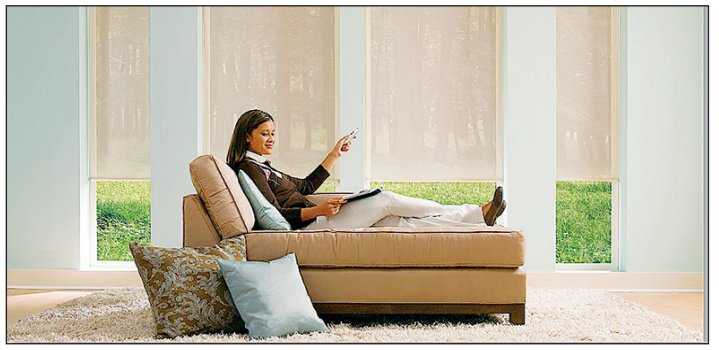

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I was hooked; it left me hanging for the sequel, which was never written. My wife eventually found a copy of the book for me and Ken signed it. When he wrote his second book, the first of his 'Alarm of War' trilogy, he asked for my input. He gave me a four-inch thick stack of paper, that I immediately started reading. My attention to accuracy started detecting typos, wrong tenses, inconsistent use of names, etc., and I made notes in the margins of the manuscript. I gave him my impressions of the book and input on plot lines and scenes, which were very positive. It caught and held my attention from page one to the cliffhanger ending. I told him I had proofreading notes, but they were never used. The book was published with many of these errors.

When Ken wrote 'Alarm of War: Book II,' he asked if I would proofread for him; and I did. Later, he asked if I would proofread Book I, so that he could update it on Amazon. We are currently completing that effort, while also working on Book III. I have read all of the Alarm of War books multiple times, and they continue to entertain me. They have great, well-developed characters and hold my attention by the interweaving of several plot lines following the battle plans of the combatants in an interplanetary war."

**"One of the things I tried to do was have people make mistakes.**

**– Kennedy Hudner**

With three books in the series, Hudner said that he'd like to be more organized with his writing.

"Basically there are two ways you hear about authors writing. One is to sit down and create an incredibly detailed outline. Then you write soup to nuts, sticking to the outline. I've never been able to do that. I admire people who can do that," he said. "I have the end already in mind and a couple of scenes in mind, and if I'm lucky, a beginning. Then I start to connect the dots. I just fill in personalities, the overlying plot of all the actors in the book, the politics, the religion. I look for opportunities to have some exciting, occasionally gruesome battle scenes. I look for places to insert humor and I just keep it going."

When he was working in the law office, he'd write on Sunday afternoons between 3 p.m. and 5 p.m.

The process is quicker now that he's retired.

"It's not as fast I would like," he said. "Every morning I start with what my wife calls 'staff meetings.' I look over what I wrote the day before and characters whisper [things such as], 'I would never say that. That's stupid.'"

Hudner spends time each day rewriting before moving on to new material.

"It's very hard," he said with a laugh. "Part of the process is sitting in your chair in front of your computer and staring, willing for something to happen."

Once he finishes the Alarm of War trilogy, he's ready to move on to the next one. He has two ideas in mind. One's another science fiction book; the other a murder mystery set in Penobscot, Maine.

He's hoping to have the new book out this fall.

"What always fascinates me is a reviewer will say such and such a scene was great. Another reviewer will say that scene didn't do anything for me, it was sort of flat. Someone really likes a particular characters and then there will be a dissenter in there somewhere. There are a lot of different perspectives out there and you're not going to please them all," he said.

He wants people to connect to the characters as real people.

"It's about men and women – and most of the main characters are women – it's about men and women in extreme situations, coping as best they can. I spend a lot of time not making superheroes out of anybody," Hudner said. "These are people who make mistakes, have fears, who stumble and keep trying despite what's going on around them and to them." **GL**

*Learn more at kennedyhudner.com.*

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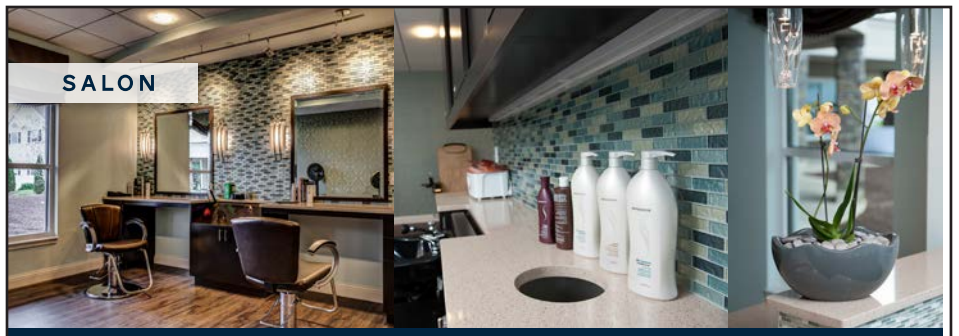


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# Chef takes gluten-free cooking on the road

## Inspired by Iron Chef

**by Mara Dresner**
*Staff Writer*

When Lisa Mazzotta-Ivaldi was in culinary school, she had to do a report featuring a chef who inspired her. She chose Iron Chef Masaharu Morimoto.

"What an awesome guy! He invited me to his restaurant and showed me what they do," she said of her visit to Philadelphia in July 2003.

He signed the back of her chef's jacket, writing "Always follow your dreams and your heart."

It's taken a while, but Mazzotta-Ivaldi, who also has worked extensively in the medical field and law enforcement, is finally working in the culinary world.

"It's been quite a process," she said.

She actually grew up in the restaurant business, working at family restaurants, including one her parents owned in Niantic.

"I worked restaurants for many years. I love cooking and baking," she said. That led to her attending culinary school at night in 2003. "I wanted to learn more. I'd learned a lot from my grandparents, from my mom, and I wanted to take it a step further."

After the program, Mazzotta-Ivaldi didn't immediately decide to pursue a career in food.

"Then I got sick and that kind of changed everything," she said. "I had gotten sick in 2007 and they didn't know what was wrong with me. They thought diverticulitis; they looked at IBS. I'd had multiple tests. I had an endoscopy and I had severe celiac sprue and h. pylori at the same time. It was quite an experience."

Mazzotta-Ivaldi fought the diagnosis at first, not fully committing to the dietary changes the celiac diagnosis required.

"That was a really life-changing experience. I was kind of devastated. I didn't know what to do. It was a scary transition. I'd be eating normal foods and the next minute, I'd be in the hospital or bed from being so sick," she remembered. "For three years I wouldn't go 100 percent. There was really nothing out there and what there was, didn't taste very good. It was very frustrating to find things that were actually edible."

After a hospitalization in 2013, her gastroenterologist laid it on the line.

"He said, 'Would you rather come and see me or would you rather pay the grocery bill?' Then I went

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It was a challenge to find recipes that were appealing.

"After becoming sick, everything I learned, I had to learn over. It was so different. I remember an instructor say baking is a science. It's even more of a science [with gluten-free]," she said. "My thing is I want food to taste like it used to taste. I don't want to experience anything different than anyone else."

Finding substitutes for gluten was key.

"I can't have any gluten whatsoever. I can't have any wheat, rye, malt or barley at all. That's in just about everything. Gluten is a binder," she explained. "I experimented with many, many recipes. What I'm trying to do is take old recipes handed down to me through my grandmother and my mother. I'm trying to change them to be gluten free and still have that same taste."

She's learned to use ingredients such as potato starch, tapioca, white rice flour and brown rice flour, as well as binders such as guar gum, xanthan gum and even applesauce.

"It's an expensive disease. You can pay $8 for a loaf of bread. It's tough for a lot of people. Things have come a long way since I was diagnosed, with labeling and trying to make it easier for people. There is no cure," she said.

She said that there are many more options than they used to be.

"It's a process. I think they're coming along very well," she said.

Celiac is an autoimmune disease, and even as Mazzotta-Ivaldi took control of that condition, she began to face other health issues.

"I became really, really sick. Once you have one autoimmune disease, you're apt to have more," said Mazzotta-Ivaldi, who's also been diagnosed with ankylosing spondylitis and fibromyalgia.

The conditions affected her ability to work.

"I got frustrated. When I was working for somebody, I hated calling out of work. I wanted to take my passion and turn it into something that helps other people," she explained.

So she started her own food truck business, The Celiac Epicurean. And while having one's own business can be a struggle, Mazzotta-Ivaldi said being an entrepreneur has its advantages.

Courtesy photo

**Lisa Mazzotta-Ivaldi's chocolate chip cookies are a big hit. She makes ice cream sandwiches with the gluten-free treats.**

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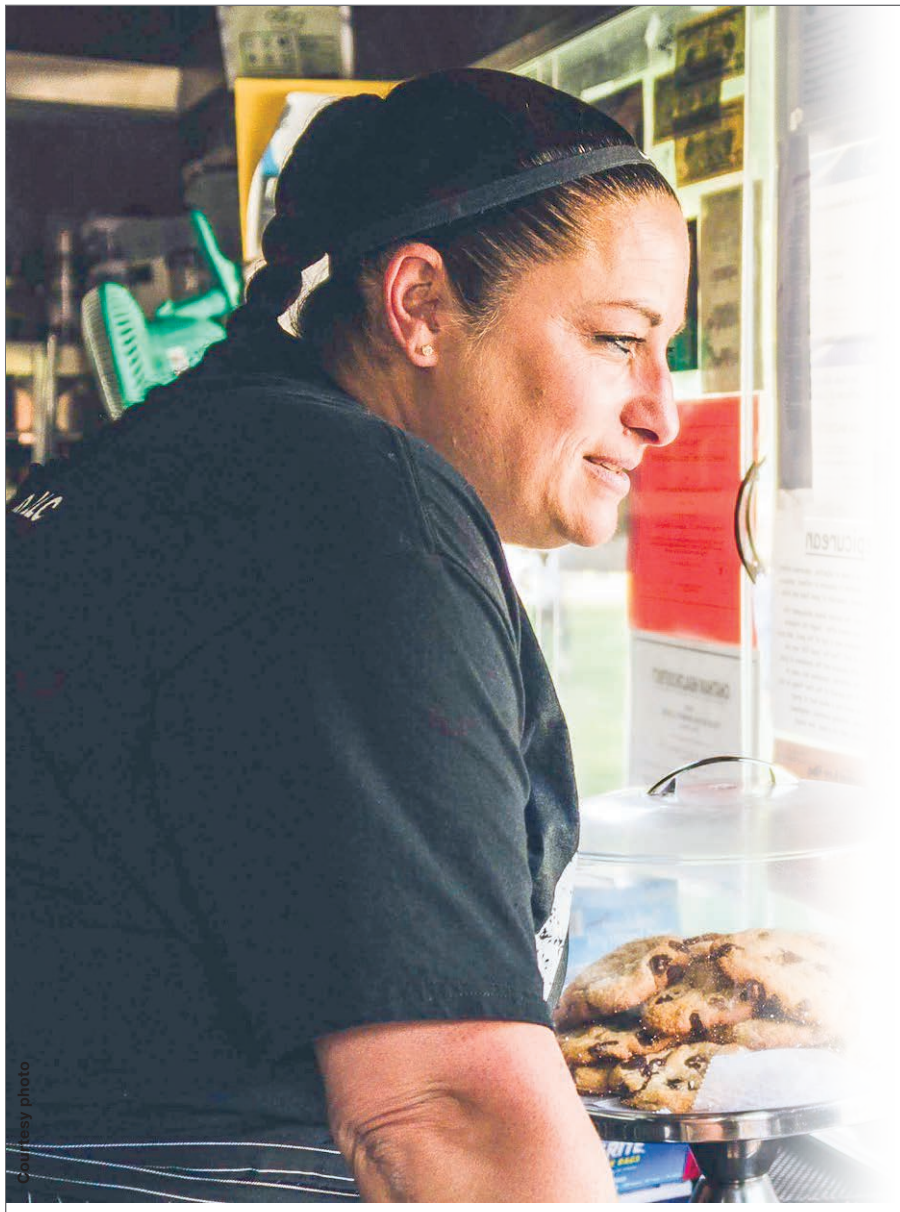
Courtesy photo

**Lisa Mazzotta-Ivaldi is the visionary behind The Celiac Epicurean food truck, where everything is gluten free.**

"I can go at my own pace. It's a slow process when I get out in the morning," she said.

Plus, it's work she adores.

"When you have a job you like to do, it's just not a job, it's a passion," she said.

With the backing of her family, she began drawing up plans last October, everything from coming up with a name and finding a builder.

"The trailer was finished in March. It was built from the ground up. I have a full commercial kitchen in my trailer. We do everything from the truck," she said, adding that she has never seen a gluten-free food truck.

"I've gone to multiple food events and fairs. I love to go to fairs, but I'd walk around and be really frustrated. People like us, we can't eat. We want to be like everyone else," she said.

The Celiac Epicurean is 100 percent gluten free.

"Everyone can eat my food. Even if you don't have celiac, you can still eat it," she said.

She often tests recipes on family members, such as some recent whoopee pies that she shared with her nephews, who couldn't believe they were gluten free.

She brought the truck to several area farmers' markets this year. One family, whose young daughter has celiac disease and has been following The Epicurean Gourmet on Facebook, came from Groton to a market in Niantic.

"I have hot dogs and chicken nuggets for the kids. She ordered a hot dog. The expression of that little girl's face was breathtaking; I was almost in tears. She had her hotdog on a grilled bun," she related. Another customer said she hadn't had a cheeseburger in 20 years.

The pulled pork sandwich is popular, as are homemade chocolate chip cookies that Mazzotta-Ivaldi uses in her ice cream sandwiches. She's also known for a decadent flourless chocolate cake. Other sandwich choices include the Di Caprese and a BLT.

She uses local produce and ingredients whenever possible, working with farms such as Littel Acres Farm Market. Her husband Michael, daughters Lauren and Allesandra, and her mother-in-law Sally Ivaldi help at events.

Raafia Qureshi first met Mazzotta-Ivaldi at United Bank, where Qureshi is a service specialist.

"I really liked Lisa from the moment I met her. She told me about her struggle with celiac and how people don't understand how serious the disease can be. It really struck a nerve with me because of my own personal health problems. She told me how her goal was to raise awareness about celi-

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ac disease. I love it when business owners are passionate about their business and have a connection as to why they want to do this. I have had the pleasure of trying her food a few times at local fairs and events. I am a fan, as well as my mother," she said, adding that she enjoys sweet potato fries, grilled cheese and "The Angry Chicken," a slow-roasted pulled chicken marinated with roasted pineapple and habaneros finished with Skeleton Key Angry Mango barbecue sauce and topped with homemade cole slaw. "My favorite is the sandwich and I love her truffle fries. I love that her food is local and she is constantly changing and trying new things. Her food is fresh and goes against the stereotype of gluten-free foods. People assume that gluten-free needs to sacrifice flavor and taste for gluten. Lisa says no. I have tried gluten-free food before but it has always tasted funny or looked odd. With Lisa you honestly cannot tell the difference."

Mazzotta-Ivaldi plans to do extra baking for the holidays and is also available to do private chef work.

She loves when people come up to the trailer and realize they can safely eat from the truck.

"Just seeing that, their faces just light up. You have to explain that you can eat everything. It's 100 percent gluten free," she said. "They're afraid of getting sick. It's devastating to get sick. For someone like myself, it's like 15 minutes and my body reacts to it. You don't want to have to go through if you can avoid it."

She wants to make sure her offerings are all high quality, which is why she chose the name, The Celiac Epicurean.

"To go out and be able to indulge for a day, that's the best feeling the world," she said. **GL**

*Learn more at theceliacepicurean.com*

Courtesy photo

**Sandwiches and fries are among the gluten-free offerings from The Celiac Epicurean food truck.**


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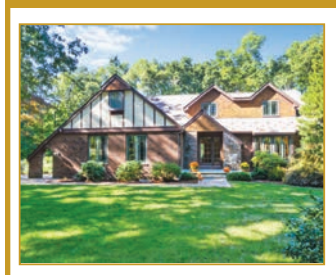

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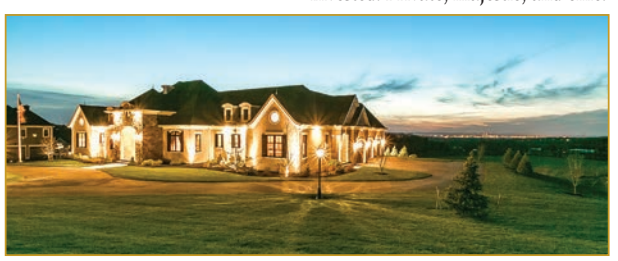

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# Getting resettled

## Local man helps immigrants find homes and jobs

**by Nancy Thompson**
*Editor*

Nancy Thompson photo

**Chris George, right, stops to talk with Will Kneerim, director of employment for Integrated Refugee & Immigration Services. George is the organization's executive director.**

Over the years, Chris George has been a student-athlete, a Peace Corps volunteer and a plumber. He has worked on a kibbutz in Israel, in a school in Philadelphia, in post-war South Lebanon and in the Gaza Strip and for organizations such as the American Friends Service Committee, Save the Children and the Human Rights Watch.

And for the past 11 years he has been the executive director of New Haven-based Integrated Refugee & Immigration Services, which works with churches and other groups throughout the state to resettle immigrants from war-torn nations in the Middle East and elsewhere.

It is, he says often, the best job he's ever had.

George was born in Iowa and grew up in Montclair, NJ, in what he called "a very typical American New York City suburb existence." His father was a radio journalist with ABC, his mother was a nurse at the local hospital, and he was the middle of five children and a Boy Scout who enjoyed cross-running country and playing lacrosse.

"I was a total jock," he said. "I loved sports and I still run. I try to do six to nine miles every weekend."

He said his high school in Montclair was very diverse and had its share of racial problems and conflicts when he was a student in the late 1960s and early 1970s. "It was an incredible learning experience and an important foundation for the work I've done," he said. "Discrimination and civil rights were not just subjects in textbooks. They were happening outside our social studies classroom. We were probably the first school in the U.S. to study integration, race relations, discrimination and racial profiling. I was one of the first whites to be bused to black schools. I lived through that period. It was a real eye-opener."

George's first adventure abroad came after his junior year in high school, when he spent the summer working on an archaeological dig in Winchester, England. It was an experience that would come in handy years later.

He was awarded a scholarship at the University of Pennsylvania, where he majored in history and minored in anthropology and met the Liz Webb, the woman who would become his wife several years later.

He studied and played lacrosse at Penn for two years before taking a leave of absence after his sophomore year.

"I was antsy to see the world," he said. "I worked on a kibbutz in Israel for a few months just after the Yom Kippur War. It was an introduction to the politics of the Middle East, mostly from the Israeli view, but I had learned in high school to see both sides. It was exciting, but also troubling," he said of the experience, in which he learned about Jewish history, including the Holocaust, which at that time was not being taught in American schools.

He returned to college, graduated in 1977, and joined the Peace Corps, where he worked in archeology in the Sultanate of Oman for two years.

"My experiences in England and Israel let to that," he said. "Oman was an incredible place. There was very little electricity and only a very few paved roads. The temperature reached 120 degrees in the summer."

It was during his stay in Oman that he decided he wanted to marry the woman he'd met shortly after arriving in college.

"We met in Greece to finalize plans, went to Cyprus for a civil cere-

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mony in August of 1978, and went to Oman together. We slept on the roof for the breeze and had a kerosene-powered refrigerator."

After his time in the Peace Corps they returned to the Philadelphia area, where he found work as a teacher and a plumber.

**Chris George uses a map to show where Integrated Refugee & Immigration Services has helped to resettle refugees in the state. "This is a little amazing," he said.**

That work, in addition to his experience in the Middle East and his knowledge of Arabic, led to a job with the American Friends Service Committee in South Lebanon to help with post-war reconstruction while Liz stayed in Philadelphia. He said it was a difficult two years that included the car-bombing of the U.S. Embassy in Beirut and an explosion at the U.S. Marine barracks.

He returned to the U.S. and worked briefly as a copy boy at the Philadelphia Inquirer before being hired by Save the Children for a job in the Gaza Strip.

The area was not considered to be dangerous at that time so Liz and their infant daughter, Susannah, went with him.

George became known as Abu Susannah, a variation on the Arabic tradition of calling a man "father of" his first son. Although the couple's third child was a boy, George continued to be known as the father of Susannah and is still known by that name by his Syrian, Iraqi and other Middle Eastern friends and clients. "It sends a nice message," he said.

Their second child, Rosaline, was born in Palestine in 1987 during a period of unrest.

"We were there during a short uprising and saw a fair amount of violence, demonstrations, kidnappings and rock throwing," he said. The family returned to the U.S. in 1989 and settled in New Haven while he commuted by train daily to the Save the Children headquarters in Westport. Their third child, Logan, was born in 1990.

He joined the Human Rights Watch four year later and directed the group's Middle East division for two years. In 1996 he and his family moved to Israel as part of a U.S. government democracy program. The Oslo accords had been signed a few years before and George said there was a sense of optimism about the possibility of peace between Israel and Palestine. Susannah, Rosaline and Logan attended an international school in Jerusalem.

They returned to Connecticut in 2004, living in the Moodus section of East Haddam for a year before settling in Glastonbury. Liz by this time had completed medical school and was doing a residency at Middlesex Hospital in Middletown.

"Glastonbury is a comfortable and convenient, friendly place," George said.

He joined what is now known as Integrated Refugee & Immigration Services, or more commonly as IRIS, in 2005. The organization has been established as the Interfaith Refugee Ministry by the Episcopal Diocese of Connecticut in 1982 but was branching off on its own.

"My job was to make the organization more inclusive and to be ready to work with anyone regardless of their faith background," he said.

IRIS works with local groups in what George called "a co-sponsorship model" to help refugees find home and jobs.

He said 20 million people are seeking resettlement, including 5 million Syrians. Of that total, about 85,000, including 10,000 Syrians, are invited to enter the U.S. He expects that Connecticut will welcome about 900 refugees this year, about 500 through IRIS, 300 through Catholic Charities, and 100 through International Institute.

The first step is vetting, a process George said has always been rigorous.

"It was 'extreme' before Donald

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Trump came up with that phrase," he said.

Next, refugees who make it through the screening process are arbitrarily assigned to an agency like IRIS.

"We get an email two weeks before telling us how many people are in a family and where they're from," he said. "We fix up an apartment, arrange for a meal, and pick them up. They come to the office and we go over the program. We help them enroll their kids in school and to get healthcare. We give them help with rent for a few months, help them get a job and help them learn English."

He said IRIS works with about 40 groups in the state, including one at the First Church of Christ and one at the Congregational Church in South Glastonbury.

"This is a little amazing. This is not happening in every state," he said while displaying a map showing where refugee families are being settled. "This could be a model for refugee resettlement across the country."

Both Richard C. Allen, senior minister at the Congregational Church in South Glastonbury, and David Taylor, one of the pastors at the First Church of Christ, have worked with George and IRIS.

"Among the most ancient and profound of all religious values is the commandment to love one's neighbors," Allen said. "IRIS embodies this value. Their definition of neighbor embraces the world of refugees. The number of refugees in the world today is daunting, but IRIS is not discouraged by the numbers. They are bold in their determination to resettle as many families as possible. Their compassion is what the world needs today."

Allen said he is impressed with the way the process has "strengthened the community, built new relationships with local agencies, and enabled people with specific skill sets to roll up their sleeves and get involved. To resettle a refugee family is to say YES to hope. It's one thing to talk about hope; it's quite another thing to make hope a reality for someone(s) who had lived in darkness."

"First Church has partnered with IRIS in the past, most recently when we sponsored a family from Iraq," Taylor said. "Now we are so pleased to be working once again with Chris George and IRIS to welcome a family from Syria. Chris personally, and the organization which he leads, care deeply about the needs of refugees from around the world, and are committed to working with congregations like First Church which understand their mission to be sharing God's love with all people of the world."

He said members of his congregation started to ask what they could do to help about a year ago.

"When we put out word to ascertain the level of interest and commitment to sponsoring a refugee family, which has been our church's tradition for more than 4 decades, the immediate response was a loud and clear, "Yes! Yes! Yes!" he said. "A resettlement committee was then formed, which met for countless hours to plan for a family's arrival. In that planning, lists and lists of other volunteers were compiled – people willing to perform any number of activities that would be needed upon the arrival – transportation, shopping, tutoring and language instruction, donations to help with clothing and furniture, and more. "The family of seven which arrived here in Glastonbury from Syria have already been such a gift of joy to our congregation and to the community. They are a delight! And we have discovered that the Glastonbury community – the immediate neighbors, people who are encountered in the community – have been nothing but generous and welcoming. We have all been truly touched by the spirit of this family who have journeyed here to a new land, and by the spirit of this community that has welcomed them to their new home."

It's the kind of response that George loves to hear.

"This is the best job I've ever had," George said with a smile. "It's also the hardest job I've ever had." **GL**

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# People Notes

**Yerim Lee**, a 2016 Glastonbury High School graduate, received the Bobbie Beganny Memorial Scholarship sponsored by the CT River Valley Chamber of Commerce. The scholarship, names for a past executive director of the chamber who dies in 1997, is given each year to a graduating senior who is planning to study business.

**Daniel** and **Kaitlin Zak** have joined Wentworth, DeAngelis and Kaufman Insurance, where they will be helping clients with personal and commercial insurance.

**Lauryn Wendus's** new book, Dreaming in Color, is available locally at Nana's Children's Boutique and Melzen's Farm & Pet Supply and online through Amazon and Barnes and Noble. Wendus is donating a portion of the proceeds from sales of the book to animal rescue groups and is inviting readers to post photos of their cats in yellow hats. They're online at instagram.com/yellowhatsforcats and at yellowhatsforcats.com.

**1. Marilyn Lawson** has joined the Glastonbury Rotary Club. She has an extensive background in advertising and marketing. In the photo, Club President Tom Kane, right, membership chair Jim Masotti, second from left, and Lawson's sponsor, Margaret Wilcox, left, welcome her to the club.

**Kaitlyn R. Summers** and **Lindsay Marie Wells** graduated from the University of Rhode Island.

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**Meredith Colleary** graduated from Bates College.

**2. Doris Pentore, James Hurst, Ruth Tyrol, Howard Horton, Leon Peragallo, Robert Fritz, Shirley Fuller, Ruth Cesana** and **Helen Behrens,** all members of Glastonbury High School's Class of 1942, celebrated their 74th class reunion.

**3. Eric Daniels** has been selected to join the new board of ambassadors for the Hartford Foundation for Public Giving. He is the partner in charge of Robinson+Cole's Hartford office. The new board will help the foundation carry out its mission in the communities, organizations and residents it serves.

**4. Tami Cherdack Sherman,** who has served as cantorial soloist for Congregation Kol Haverim since 1995, will be honored for her work November 4 and 5. Sherman, who also has served a temple in Massachusetts, often works as a guest soloist for synagogues through the U.S. and has been a judge for singing competitions including the Greater Hartford Idol competition. The celebration November 4 will take place starting at 6 p.m. during the congregation's religious service, which is open to the public. The event on November 5, also open to the public, will take place at 7:30 p.m. at the synagogue. A minimum donation of $18 is requested for the Saturday celebration. **GL**

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# From London, with love

## Sonal Patel Maru opens orthodontics practice

**by Nancy Thompson**
*Editor*

**Sonal Patel Maru has opened a state-of-the-art orthodontics office on New London Turnpike.**

Sonal Patel Maru was born in London. She has lived in big cities in Florida, Massachusetts and New York. Yet she and her husband settled here because they fell in love with this area and enjoy Glastonbury's "small-town feel."

It's not the most convenient location, since her husband, Sandip, is a vascular surgeon in Springfield, but it's where they want to raise their daughters and where she has opened a new orthodontics practice.

"This is where we wanted to stay," she said.

Sonal, who is known professionally as Dr. Patel, moved with her family from England to the east coast of Florida when she was in second grade. She made a point of losing her English accent and fitting in with her classmates and enjoyed her new home.

She majored in biology and psychology at the University of Miami and moved to Boston for dental school at the Boston University School of Dental Medicine. It was her first experience with New England.

"I loved dental school and I loved New England," Patel said. She stayed there for four years before doing a residency in general dentistry at St. Barnabas Hospital in affiliation with Columbia University in New York. There, she had the opportunity to treat many challenging cases in an underserved community and to take part in multidisciplinary craniofacial conferences at the university. As soon as she spent time in orthodontics, she knew what she would choose as a specialty. She met her husband-to-be toward the end of her residency, and they moved to Buffalo, about 15 minutes from Niagara Falls. From there, they moved to Long Island, a period she called "a storybook era."

They were both enjoying their work, and their daughters, now in kindergarten and second grade, were born.

When her husband had an offer from Manchester Memorial Hospital they looked around the area before settling in Glastonbury five years ago. Patel spent time at home with the girls before making a decision to open an office here.

She said the basics of orthodonture are pretty much the same as they have been, using brackets and braces to move teeth into alignment. Patients now have options about colors and clear braces, and some, mostly children, but also some adults, choose colors to coordinate with holidays and other special events and favorite sports teams.

She already has impressed clients and their parents.

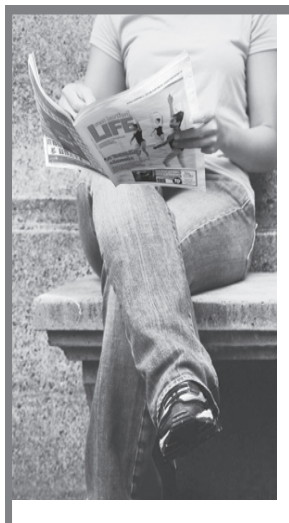
Elissa Stolzenberg met Patel when their daughters became friends in preschool. She is now the parent of one of Patel's patients and praised her for her drive, passion and dedication.

"She told me several years ago that she was thinking about opening her own practice and although there were bumps in the road she didn't give up," Stolzenberg said. "She pushed forward and fulfilled her dream."

She continued, "What warms my heart about Sonal is that she makes my daughter feel comfortable at her office, she is warm and she genuinely cares. For example, the day after my daughter had her braces put on we received a phone call at home ensuring that Halle was doing okay. That is not normal practice but it is for Sonal."

When not at work, Patel enjoys "running around with my kids," being active at Hopewell Elementary School, where they are students, and taking photographs of Glastonbury, many of which hang in her office. **GL**

*Dr. Patel's office is at 277 New London Turnpike. Learn more by calling 860-430-988 or visiting glastonburyorthodontics.com.*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# Sharing a love of the outdoors

## Attorney helps Hartford students experience the White Mountains

**by Mara Dresner**
*Staff Writer*

Growing up in New Haven, Alan Spier never spent much time outdoors.

"I was always a city boy," he said.

He attended Harvard as an undergraduate, then worked briefly at Southern New England Telephone doing statistical work before returning to Harvard for law school.

"I did a night course in accounting. It was a very useful interest even though I'm not mathematically inclined," he said.

When he was in college, he went hiking with a friend, then spent his honeymoon hiking and camping in the White Mountains of New Hampshire.

Spier joined a large business law firm in Hartford, where he found a group of colleagues who shared his love of hiking, both near and far. Spier eventually found himself hiking in places as far away as Austria and Switzerland.

"I'm not a backpacker," he said with a laugh. "I like to go someplace and be able to spend the night in a bed. I would stay either in a hotel in the valley or a lodge in the mountains and basically be hiking all day when I was younger. I'd stay someplace where there was a good meal to be had and maybe some alcohol and a comfortable place to sleep and get up next day and do it all over again. I'm not a rugged outdoorsman who lives in the woods and camps in tents. I'm kind of lazier."

One of his most exotic hiking experiences was in Nepal.

"There were three of us. We had an entourage. It was a little embarrassing. There were three Sherpas, a cook, two kitchen boys, 10 porters," he said.

The majority of his hiking has been closer to home, and he has returned to the White Mountains many times through the years.

"I'm a big fan," he said. "There are huts from the Appalachian Mountain Club, although huts is kind of a misnomer. They're sort of small scale lodges. It's a place to sleep and they prepare the food for you."

Spier was getting ready to retire at the end of 2004 when a Columbus Day weekend trip to the White Mountains changed the course of his life.

"I wanted to go hiking. It would be my last chance before the weather changes for the worst. I couldn't find anyone to go," he said.

The Appalachian Mountain Club had built a new lodging facility, the Highland Center in Crawford Notch, and they were dedicating it

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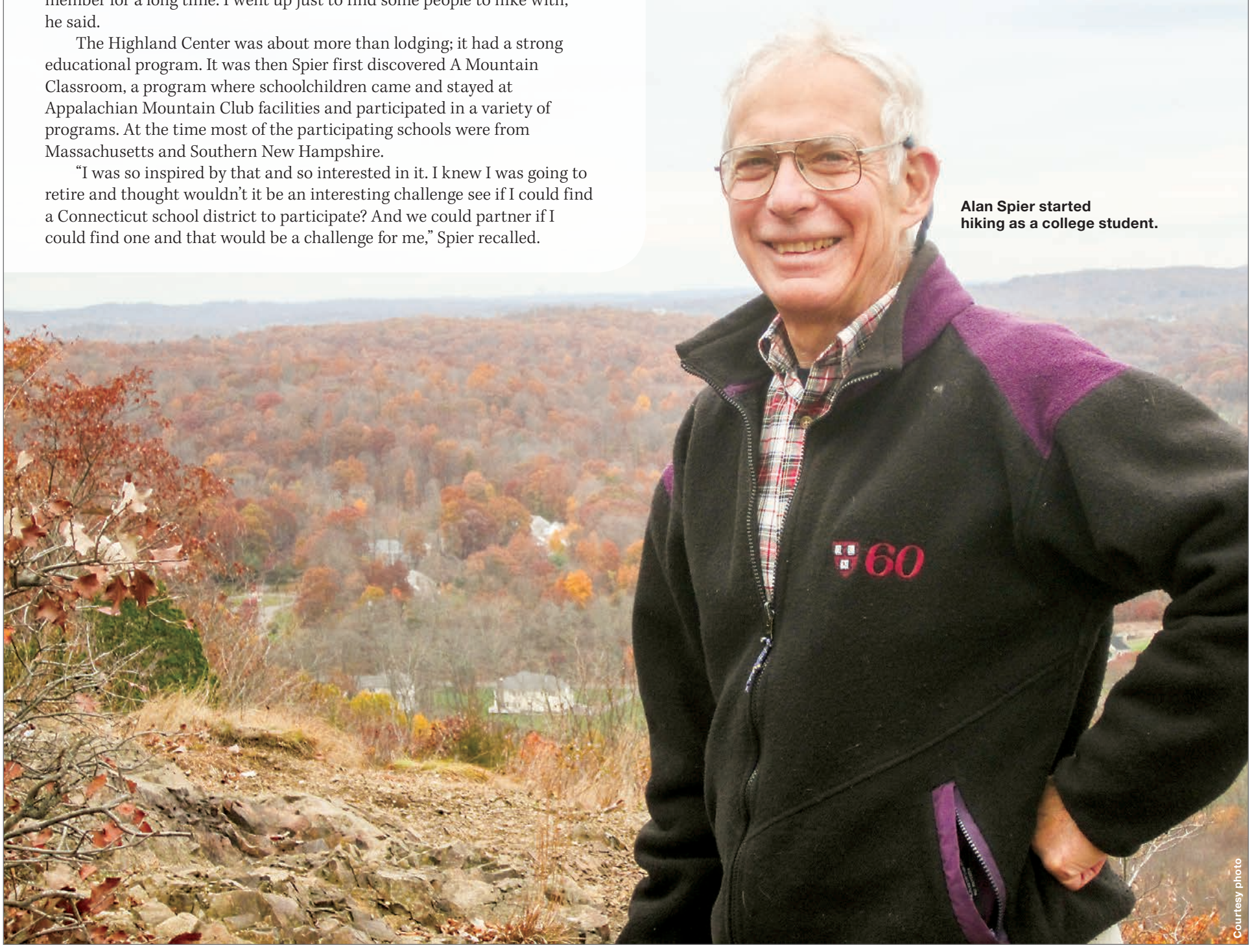
that weekend and offering other activities.

"I didn't know anything about the Highland Center and I had been a member for a long time. I went up just to find some people to hike with," he said.

The Highland Center was about more than lodging; it had a strong educational program. It was then Spier first discovered A Mountain Classroom, a program where schoolchildren came and stayed at Appalachian Mountain Club facilities and participated in a variety of programs. At the time most of the participating schools were from Massachusetts and Southern New Hampshire.

"I was so inspired by that and so interested in it. I knew I was going to retire and thought wouldn't it be an interesting challenge see if I could find a Connecticut school district to participate? And we could partner if I could find one and that would be a challenge for me," Spier recalled.




Courtesy photo

**Alan Spier started hiking as a college student.**

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## LIVING Your Best LIFE

The first hurdle was simply figuring out how to begin.

"I'd never been in education. I didn't know any educators," he said.

The four-and-a-half-hour drive from Connecticut to the program was also a consideration.

Around Christmas that year he ran into a friend who was a member of the board of education in Hartford.

"I thought Hartford would be the least interested school system, Spier said. "They didn't have the financing that the more affluent suburbs had."

He connected with the director of science for the Hartford public school system.

"It was just met with a lot of enthusiasm," he said.

That winter, they went up to see what the program was like and decided to put the program in place immediately. It would mean taking kids out of school for four days, as well as getting administrative approval. It also meant finding money to fund the program.

"They didn't want to announce the program unless it was really a go," he said. "The problem was they had no money for it. They said, 'You're going to have to raise the money. We have no money for it in the budget'."

Spier decided he would find a way to fund it for that first year, a cost of about $15,000, which would cover everything from the program fees to the bus. He and Spier's wife, Roz, who had worked in fundraising, designed a brochure, which they mailed to 100 people.

"Roz and I knew a lot of people interested in social causes and helping out. We raised the money, then we did the program and it was a big success," Spier said.

With the exception of one year, he's been doing the program ever since.

"One time I stopped it. I was tired of doing it. Then I brought it back by popular demand. We've done it 10 times over 11 years," Spier said.

He's created a 501(c)(3) nonprofit, which means that donations are tax deductible. The organization, Trust for a Mountain Classroom, Inc., raises about $20,000 each year. About 40 high school students from Hartford attend the program every May, and Spier accompanies them as a chaperone.

"The program is like a three-legged stool," he said. "The Appalachian Mountain Club has this program. They have the curriculum and the teachers and they provide the program, the lodging, the meals, even the equipment and clothing for the kids that don't have it. The Hartford school system provides chaperones. There are eight or nine teachers that leave the school who go up as chaperones, and recruit the kids and we do a couple of preliminary programs with the kids. I'm the third leg of the stool. I'm the guy who raises the money."

The students go up on Sunday. They're divided into four groups. The Appalachian Mountain Club program, which runs Monday, Tuesday, Wednesday and a half-day on Thursday, is a mix of hiking, classroom learning and hands on activities.

"As a program organizer, he's been so diligent, so extraordinarily generous. He's kind and unassuming. He does all of this work, he comes up himself and spends time with the program. He likes to get to know the youth. He's crafted a bigger experience rather than just our trip. He brings them together for some preceding experiences. He realized it would be most impactful if it had context for youth. He's hardworking. He's written lots and lots of letters to friends and other supporters to make sure he pulls off funding for the students," said Andrea Muller, one of the education directors of A Mountain Classroom. "He's really invested himself in this project. He's really made it work year after year. He's taken it on with a dedication that is extraordinarily unique."

The week culminates with each group preparing a presentation.

"Every student has to participate in the presentation. The kids can do a little play or a song they composed


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# LIVING Your Best LIFE

or a computer presentation or just do dry slides, whatever they want to do. Some even dress up," said Spier, who serves as president and chief executive of the Trust for a Mountain Classroom, Inc.

He said he enjoys sharing his enthusiasm for the outdoors.

"For most of these kids, the only time they're out of doors is when they take the bus to school in the morning. They might have gone to Camp Courant or other programs but they really never experienced like this or gone away from home. It's not just for hiking but for understanding the out of doors and the importance of wild places and clean water," he said. "My enthusiasm for the White Mountains was part of it. I'm big on education. I thought this was an opportunity to combine my passion for the out of doors and hiking with an educational experience. It wasn't just going out of school to have a good time in mountains which I thought was very important."

There is also a strong social aspect. Students aren't allowed to room with their friends. Meals are shared.

"There's a food-related program they do, where they collect and weigh all the edible food that isn't eaten on the plates to see if the kids can reduce the amount of waste," Spier said.

Some of the activities are just for fun, such as an evening bonfire.

"They're getting to know kids from all ethnic backgrounds. It's just an amazing hodgepodge of ethnic backgrounds and religions and interests. Some of kids said, 'We go to Buckley. We never had anything to do with kids from Weaver or Hartford High.' That's a very powerful thing."

Even as he shares his passion with others, Spier still finds time to do his own hiking, recently hiking in the Sierra Nevadas with his daughter. Part of his motivation is the exercise component.

"For some reason I like walking up hills and down rather than the flat. I like the sense of wilderness, of being in the wilderness or on the edge of wilderness, the adventure of it, the excitement of it, the seeing things you don't expect to see," he said. "I enjoyed identifying wildflowers, things you don't see around here. It's an intellectual pursuit, and probably the physical challenge and the adventure. You go out and it might rain or snow, and it's a man against nature sort of thing in a tame sort of way. When you're on a hiking trail, you're usually not far from civilization." **GL**

*To learn more about the Trust for a Mountain Classroom, contact Alan Spier at alan@spierhead.com.*

**High school students from Hartford participate in a program in the White Mountains in New Hampshire thanks to the fundraising efforts of Alan Spier.**

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# Slice of LIFE

photos by Brian Ambrose

1

**Visitors to the Welles-Shipman-Ward House traveled back in time to the 18th century during the Historical Society of Glastonbury's annual Farm Day celebration.**

2

3

4

5

6

## Glastonbury's annual Farm Day celebration

**1.** Mary Jo Rushlow crafts handmade baskets as they were made in the 1700s. **2.** Della Winans helps Bree Avitabile make a flower arrangement for the table. **3.** Gavin, Lucas, and Bob Lowe are on the winning side of a game of tug of war. **4.** Privateer and merchant Steve Salisbury sells his goods as he would have in the time of the American Revolution. **5.** Tyler Stechlinski bobs for apples. **6.** Farm day guests size up the ready-to-harvest tobacco.

# November calendar

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

**1 Town plan and zoning commission,** 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

**2 Adult book discussion featuring The Water Knife by Paulo Bacigalupi,** 7 p.m., Welles Turner Memorial Library, 2407 Main St. No registration necessary.

**Bereavement support group** offered by Hartford HealthCare at Home Hospice Care, 2 to 2:30 p.m., Riverfront Community Center, 300 Welles St. No charge.

**3 Carl Sagan's Universe,** 6 p.m., Glastonbury East Hartford Magnet School planetarium, 95 Oak St. Tickets available at www.glastonburyplanetarium.org for $5. For more information, email Planetarium@Glastonburyus.org or call 860-652-4910, ext. 364.

**"You're a Good Man, Charlie Brown" Performances** are on November 3, 4 & 5 at Smith Middle School. Tickets will be $10.50 are available at the door the evening of performances.

**5 Author Jeff Romano talks about hiking in New England,** 1 to 3 p.m., CT Audubon Society Center, 1361 Main St. $8 members, $10 non-members. 860-633-8402 or ctaudubon.org.

**6 Celebration of the 90th anniversary of the South Glastonbury Public Library,** 4 to 6 p.m., at the library, 80 High St., South Glastonbury.

**10 James R. Benn, author of Blue Madonna,** 7 p.m., Welles-Turner Memorial Library, 2407 Main St. Seating is limited, so registration is required by calling 860-652-7720 or online at wtmlib.com.

**11 High school drama club presents Lend Me a Tenor,** 7 p.m., GHS auditorium. Doors open at 6:30 p.m. Adults $13, seniors $10 and students and children $6. Tickets available online at https://sites.google.com/a/glastonburyus.org/ghs-drama-clubby and by email through Jim Thorn at thornj@glastonburyus.org. Also November 12, 18 and 19.

**Seventh Annual Holiday Art Exhibit and Sale,** 11 a.m. to 5 p.m., Riverfront Community Center, 300 Welles St. info@glastonburyarts.org or 860-659-1196 Also November 13.

**12 Perfect Little Planet,** 11 a.m., Glastonbury East Hartford Magnet School planetarium, 95 Oak St. Tickets available at www.glastonburyplanetarium.org for $5. For more information, email Planetarium@Glastonburyus.org or call 860-652-4910, ext. 364.

**Seventh Annual Holiday Art Exhibit and Sale,** 11 a.m. to 5 p.m., Riverfront Community Center, 300 Welles St. info@glastonburyarts.org or 860-659-1196. Also November 13.

**13 A New England Thanksgiving,** noon to 3 p.m., Welles-Shipman-Ward House, 972 Main St. No charge for members, $5 for non-members. 860-633-6890 or hsgct.org.

**14 Board of education,** 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

**15 Online safety,** 3 to 5 p.m., Riverfront Community Center, 300 Welles St. No charge. Seating is limited, so registration is required by calling 860-652-7720 or online at wtmlib.com.

**16 Bereavement support group** offered by Hartford HealthCare at Home Hospice Care, 2 to 2:30 p.m., Riverfront Community Center, 300 Welles St. No charge.

**17 Flu shot clinic,** 1 to 5 p.m., Academy building cafeteria, 2143 Main St. For residents 9 and older. Bring insurance card and photo ID. $35 if no insurance. 860-652-7534

**Carl Sagan's Universe,** 5:30 and 7 p.m., Glastonbury East Hartford Magnet School planetarium, 95 Oak St. Tickets available at www.glastonburyplanetarium.org for $5. For more information, email Planetarium@Glastonburyus.org or call 860-652-4910, ext. 364.

**19 Genealogy group** sponsored by the Welsh Society of Western New England, 10 a.m. to 5 p.m. Participants are asked to bring their Welsh family tree and a lunch dish to share. Reserve a spot by emailing WelshWNE@gmail.com. Directions will be forwarded at that time.

**22 Town council,** 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

**27 Hike at the Hollister Preserve,** Whitehouse tract sponsored by the Land Heritage Coalition of Glastonbury, Inc., 1 p.m. No charge. No raindate planned. 860-508-1844 or lhcglastonbury.org.

**Harpist and singer Debbie Vinick in concert,** 2 p.m., Welles-Turner Memorial Library, 2407 Main St. Seating is limited, so registration is required by calling 860-652-7720 or online at wtmlib.com.

**28 Board of education,** 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

**30 Coloring club,** 6:30 p.m., Welles-Turner Memorial Library, 2407 Main St. Seating is limited, so registration is required by calling 860-652-7720 or online at wtmlib.com. **GL**

# Electrifying times

Courtesy photo

Mark Wood was one of the founders of the Trans-Siberian Orchestra. His brother, Steve, teaches music here.

It's hard to think of "rock star" and "violin" in the same sentence, but when the musician is Mark Wood and the violin is a Viper or a Stingray or one of his other high-tech electronic instruments, the result is, well, electrifying.

Wood, a renowned musician and the brother of Steve Wood, a long-time string teacher here, came to town recently to work with more than 300 young violinists in a series of "Electrify Your Strings" workshops and prepare them for a near-capacity concert at the Glastonbury High School gym. At almost 60, Wood is the very model of a modern rock star, reed-thin, sporting an untucked shirt and skinny black jeans with a chain looped from his belt and brown wavy hair reaching his shoulders.

At one of the workshops, Steve Wood introduced his brother, describing him as "someone I've known very well for almost 60 years, the international rock star and Emmy-award-winner, finally here in Glastonbury."

Mark Wood is also a consummate showman who spent several hours teaching the young musicians from Gideon Welles, Smith Middle and Glastonbury High schools how to rock, not only with their music, but with their body language and attitude.

When sixth-graders from the Gideon Welles were

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# EDUCATION

Nancy Thompson photo

**More than 300 young musicians performed with rock star Mark Wood, in black, center, in a near-capacity concert at the Glastonbury High School gym.**

rehearsing Queen's "We Will Rock You," Wood had them stomping their feet and shouting "Rock you!" while thrusting their bows in the air.

"Let's see the power of the bows," he said. "Are you ready, guys? You're up first so this is your very special moment. Let's do it! Boom-boom PAH!"

Wood, wearing one of his Vipers, a seven-string violin attached by a strap around his back, played the melody effortlessly while the kids – on violin, viola, cello and bass – pounded out the rhythm.

As they rehearsed for their rendition of the Beatles' "Yellow Submarine," Wood gave them a hint of what was to come. "Hey, guys," he said. "In the middle I'm going to improvise a solo, so yell, 'Hey, Mark! You can do it, Mark!' to inspire me."

Patti Lignelli, music curriculum director for the town's schools, said "Electrify Your Strings" refers not only to the electric instruments that play a role, but also to the excitement that playing rock music brings for student musicians. "He's a real showman," she said of Mark Wood. "We've wanted to do this for a long time but we didn't have the financial backing until last spring."

It all worked this year, thanks in large part to financial help from Friends for Music, a volunteer group that supports the town's young musicians and various music activities at all levels.

"Electrify Your Strings is a great program for a couple of reasons," said Beth Lundy, the group's president. "First, it gives string players the opportunity to play with a professional musician, Mark Wood, which is cool. He has a very interesting career with his electric violin company and various bands he has been in that play symphonic and hard rock. The second reason this program is special is that there is a musical immersion of students. The Gideon Welles students, sixth graders, can hear and play with the Smith Middle school players, seventh and eighth graders, and Glastonbury

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# EDUCATION

High School players. The students can hear where they can be musically in a few years and it reminds the older players how much they have progressed."

Lundy said the students have been excited about performing popular music and rock and roll pieces instead of traditional classical music.

Steve Wood, who is the orchestra director at Gideon Welles and Smith Middle schools, praised the Friends for Music, calling them "instrumental" in making great things happen for local music students. He described the performance, which included students in grades 6 through high school, as "probably the most different concert we've ever had in Glastonbury."

The Wood brothers – Steve, Greg, Mark and Paul – grew up in a family where the arts were revered. Their mother was a concert pianist and their father was a renowned painter. The boys all played string instruments and formed their own string quartet, often with their mother playing her Steinway piano. "It was wonderful for my parents to see," Steve Wood said.

He studied at Oberlin University and has been a music teacher for more than 25 years, Greg is a cello professor at the University of Syracuse, and Mark studied briefly at the Juilliard School of Music but left because his instructors wanted him to play traditional classical music and he wanted to play very non-traditional jazz and rock. Paul, the youngest brother, is a filmmaker in California.

**"They have been really enjoying learning this rock 'n' roll music. ..."**

**– Nola Campbell**

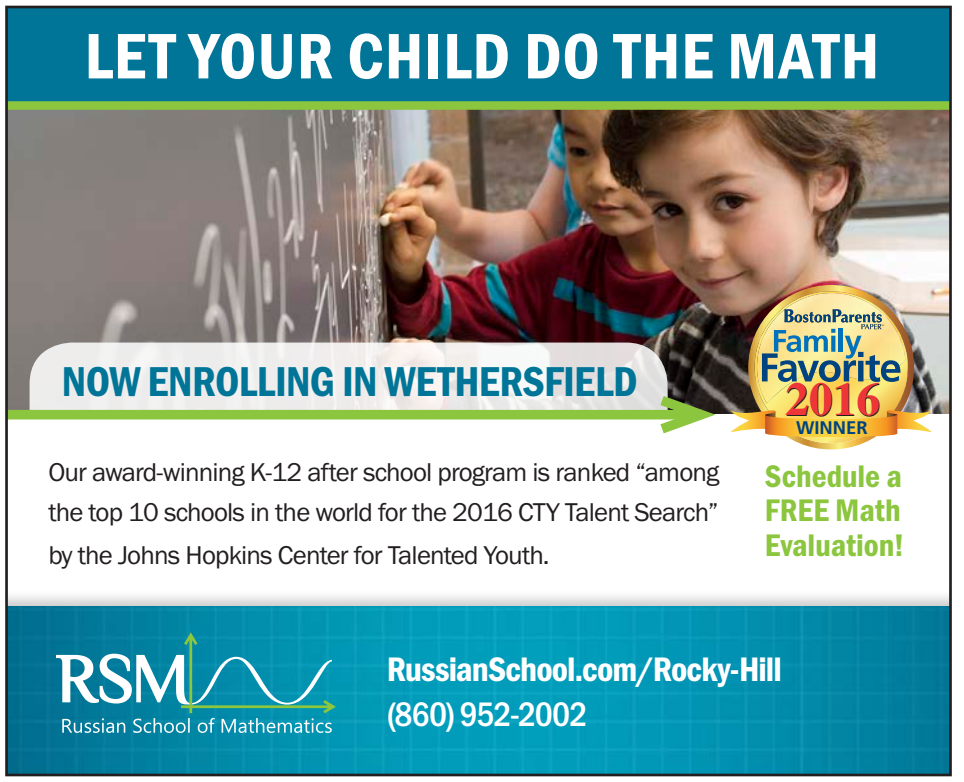
Mark returned to the family's home on Long Island and lived in his father's art studio, where he practiced jazz and rock licks and experimented with creating electric violins to play the kind of rock music that until then had only been played on electric guitars. "His work was very novel and ground-breaking," Steve said.

Mark became one of the original members of the Trans-Siberian Orchestra, a symphonic rock group, and has played with celebrities such as Celine Dion and Billy Joel, as part of the Mark Wood Band and as a soloist. His company, Wood Violins, creates electric violins and cellos with names like Viper, Stingray and Cobra.

Nola Campbell, director of orchestras at Glastonbury High School, said the students have been very excited to work with a world-renowned rock musician. "I'm sure part of it is because he's Steve Wood's brother," she said. "They have been really enjoying learning this rock 'n' roll music. ... We're hoping that this will excite all students, but maybe help those who, like Mark Wood himself, may not enjoy the classical side of music and can find a voice in this genre instead. It's nice that our yearly curriculum includes a pops concert along with our other more classical concerts to address this as well. This is a really big concert, and the students have really stepped up in learning this music to their very best ability. This is hard music, and I was concerned at the beginning that they may not catch the vision, but they all have and are very excited to work with a wonderful musician of Mark Wood's caliber and expertise."

It was apparent that the students loved every minute of their workshops and the concert.

Eighth grader Mirielle Ma had the opportunity to play a solo on a Wood Stingray violin. Mirielle said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# EDUCATION

the stingray was definitely different than her regular violin. "It was easier the second time through the solo," she said. "It was cool to play."

Eighth-grade cellist Josh Christensen's favorite was Michael Jackson's "Beat It." "I used to listen to it when I was younger and it was fun to play," he said.

GHS string bass player Adam Kim, a junior, enjoyed the orchestra's energy. "It's been a great opportunity to work with Mark Wood since he's such a pioneer in electric strings," he added.

High school sophomore Jack Quinn, a violinist, was enthusiastic. "Even though I have three tests tomorrow, I'm so glad I had the opportunity to be part of this rehearsal," he said. "It's been so much fun!"

Lignelli said the Electrify Your Strings program is unique. "This is really different," she said. This is really out of the box. These are the kinds of events that the kids will remember." **GL**

Brian Ambrose photo

**Local string musicians play hard rock under the direction of Mark Wood.**

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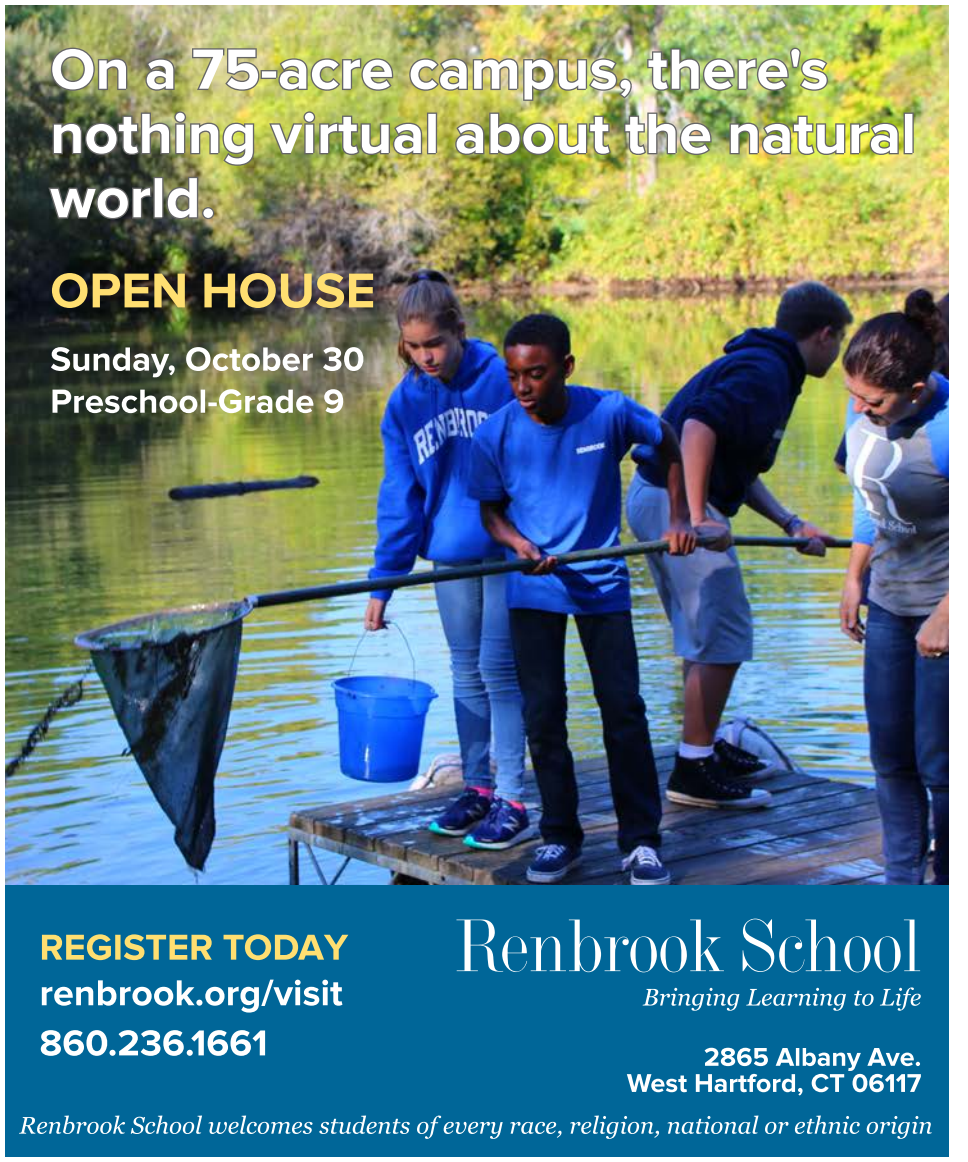
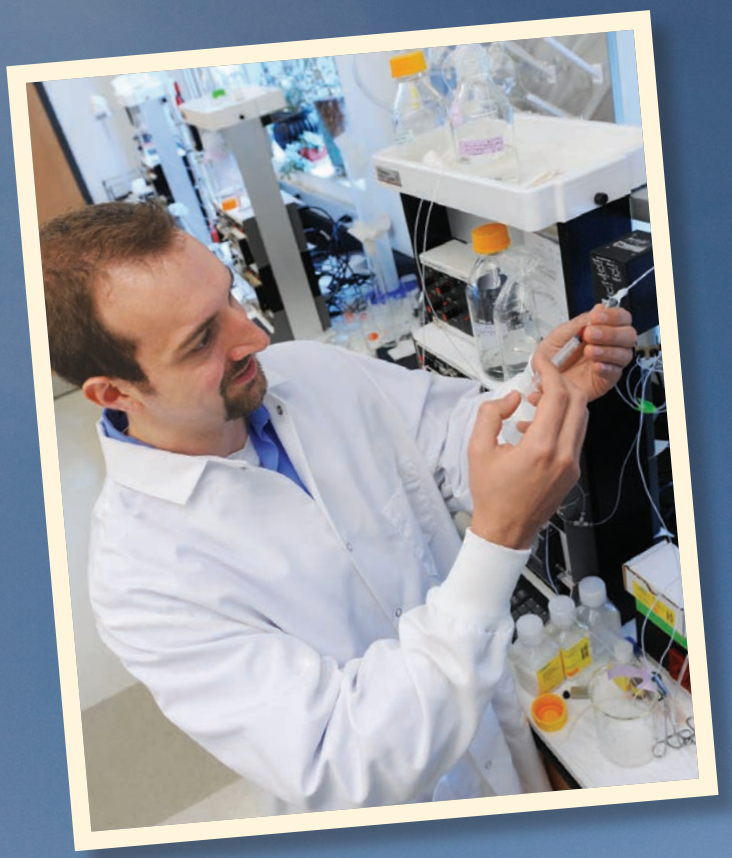


# Come to Eastern and Go Places!



*"The majority of my classes at Eastern included a strong lab component. I was doing what scientists do — getting outside of the classroom and working with the latest scientific equipment. Eastern really set the groundwork for me to go to graduate school."*

**Justin Piro '05**
*Ph.D., Dartmouth College*
*Senior Scientist, Pfizer*
*Neuroscience and Pain Research Unit*

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# News roundup

## Election and referendum coming up

Local voters will be able to cast ballots for federal and state offices and on the questions of whether the town should appropriate $3 million for development rights and the acquisition of land on November 8.

Polling places will be open from 6 a.m. to 8 p.m.

## Nine districts, four ballots

Glastonbury is in two U.S. congressional districts, the first and second, and in two state assembly districts, the 13th and the 31st. Mix and match and you come out with four different ballots in town.

Local districts 1, 4, 5, 7 and 9 are in the first U.S. Congressional District and will be able to vote for incumbent Democrat John B. Larson, Republican Matthew M. Corey, or Green Party candidate S. Michael DeRosa, while voters in local districts 2 and 3 can choose between incumbent Democrat Joe Courtney, Republican Daria Novak, Libertarian Daniel Reale and Green Party candidate Jonathan Pelto in the second U.S. Congressional District.

Voters throughout town will be able to choose between incumbent Democrat Steve Cassano and Republican Lorraine Marchetti in the fourth state senate district.

Residents in the 13th general assembly district have a choice between incumbent Democrat Joe Diminico and Republican Mark Tweedie, and those in the 31st general assembly district can vote for Republican Prasad Srinivasan or Democrat Matt Saunig.

Biographical information and statements from the candidates for state senate and general assembly can be found on page 6 in this month's issue. Here is information about local voting districts and the candidates for U.S. Congress, state senate and state general assembly in each of the town's seven voting districts. Please note that there are no districts 6 or 8.

Getting Married?

Let us know!

LIFE is interested in publishing engagement and wedding announcements.
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MANCHESTER COMMUNITY COLLEGE

# *November Events*

**Campus Visit.** Regional college and university representatives will be on campus to discuss transfer opportunities with interested students. Info: Robert C. Turner, Jr. at 860-512-3328 or email rturner@manchestercc.edu. All take place in SCC Atrium unless otherwise noted.

**UConn Neag School of Education.** 11/1, 10 a.m.
**Eastern Connecticut State University.** 11/2, 10 a.m.
**Western New England University.** 11/3, 10 a.m.
**American International College.** 11/10, 10 a.m. SBMCF Building Rotunda
**Central Connecticut State University.** 11/10, 10 a.m.
**University of Saint Joseph.** 11/15, 10 a.m.
**University of Hartford.** 11/15, 10 a.m.
**Bay Path University.** 11/16, 10 a.m.
**University of New Haven.** 11/21, 10 a.m.
**University of Bridgeport.** 11/30, 4 p.m.

**Interviewing Tips.** 11/2, 12 p.m., SSC L107. Job seekers will gain insight into frequently asked interview questions and other tips that can help lead to a successful interview. Info: Julie Greene at 860-512-3372 or email jgreene@manchestercc.edu.

**Health Careers Admission Information Sessions.** 11/4, GPA Community Commons. Students interested in being admitted into a Health Careers credit program must attend a mandatory information session before applying. Info: Theresa Blake at 860-512-2704 or email tblake@manchestercc.edu.

**Occupational Therapy Assistant.** 11 a.m.
**Respiratory Care.** 12 p.m.
**Radiologic Science.** 1 p.m.
**Dental Assistant.** 2 p.m.

**The Common Read Presents "*Their Eyes Were Watching God*".** 11/4, 11/11 and 11/18, 12:30 p.m., LRC A121. Please join us for great discussion, good company, and light refreshments while exploring the fine read, "*Their Eyes Were Watching God*," written by Zora Neale Hurston. Info: Rosalyn Wormack at 860-512-2618 or email rwormack@manchestercc.edu.

**Manufacturing Information Sessions.** 11/7, 3 p.m. and 11/18, 10 a.m., LRC B144. The Precision Manufacturing Program is designed to provide students with a valuable skill set in just six months. Students who complete the program are qualified for an entry-level position as a CNC (Computer Numerical Control) machine operator. Students who complete the program earn both a non-credit and credit certificate, and earn up to 30 credits that can be applied toward an associate degree. Info: Dave Russell at 860-512-2635 or email drussell@manchestercc.edu.

**The Common Read Presents "*Their Eyes Were Watching God*" - the Movie.** 11/8, 1 p.m., SBMCF Building Auditorium. Please join us for the screening of the "*Their Eyes Were Watching God*," the movie based on the book, starring Halle Berry. Q&A following. Info: Rosalyn Wormack at 860-512-2618 or email rwormack@manchestercc.edu.

**Job Search Strategies and Cover Letter Writing Tips.** 11/9, 12 p.m., SSC L107. This workshop will help individuals identify strategies and techniques for managing a comprehensive and effective job search and maximizing the impact of a cover letter. Info: Julie Greene at 860-512-3372 or email jgreene@manchestercc.edu.

**30th Annual Alumni Dinner and Awards Night.** 11/15, 6 p.m., SSC Culinary Arts Center. Alumni, students and their guests are invited to mingle with fellow alumni at 6 p.m. during the wine and hors d'oeuvres reception, followed by dinner at 6:45 p.m. End the evening with dessert, coffee and presentation of the Alumnus of the Year award. Fee: $10. To register, visit www.manchestercc.edu/alumnidinner. Info: Diana Reid at 860-512-2909 or email dreid@manchestercc.edu.

**Making Effective Career Choices.** 11/16, 12 p.m., SSC L107. Learn how to make effective career choices through the use of traditional and online career-guidance assessment tools. Match your interests and personality types with career fields and traditional position titles, identify typical educational paths that one can take to become qualified for specific positions, and learn about available online resources that can assist you in your research process. Info: Julie Greene at 860-512-3372 or email jgreene@manchestercc.edu.

*All events are free and open to the public, unless otherwise noted, and are subject to change without notice. For current information or notices of cancellation, click on "View All Events" on MCC's web site: www.manchestercc.edu.*

*11/2016*

**District 1**

*(Smith Middle School, 216 Addison Rd.):*

**U.S. Congress 1st District:**
John B. Larson, incumbent,
Democratic, Working Families
Matthew M. Corey,
Republican
S. Michael DeRosa,
Green

**State Senate 4th District:**
Steve Cassano, incumbent,
Democratic, Working Families
Lorraine Marchetti,
Republican, Independent

**State General Assembly 13th District:**
Joe Diminico, incumbent,
Democratic, Working Families
Mark Tweedie,
Republican, Independent

**District 2**

*(Hebron Avenue Elementary School, 1363 Hebron Ave.):*

**U.S. Congress 2nd District:**
Joe Courtney, incumbent,
Democratic, Working Families
Daria Novak,
Republican
Daniel Reale,
Libertarian
Jonathan Pelto,
Green

**State Senate 4th District:**
Steve Cassano, incumbent,
Democratic, Working Families
Lorraine Marchetti,
Republican, Independent

**State General Assembly 31st District:**
Matt Saunig,
Democratic, Working Families
Prasad Srinivasan, incumbent,
Republican, Independent

**District 3**

*(Hebron Avenue Elementary School, 1363 Hebron Ave.):*

**U.S. Congress 2nd District:**
Joe Courtney, incumbent,
Democratic, Working Families
Daria Novak,
Republican
Daniel Reale,
Libertarian
Jonathan Pelto,
Green

**State Senate 4th District:**
Steve Cassano, incumbent
Democrat, Working Families
Lorraine Marchetti,
Republican, Independent

**State General Assembly 13th District:**
Joe Diminico, incumbent
Democrat, Working Families
Mark Tweedie,
Republican, Independent

**District 4**

*(Gideon Welles School, 1029 Neipsic Rd.)*

**District 5**

*(Nayaug Elementary School, 222 Old Maids Lane, South Glastonbury)*

**District 7**

*(Academy Building, 2143 Main St.) District 9 (Hopewell Elementary School, 1068 Chestnut Hill Rd., South Glastonbury):*

**U.S. Congress 1st District:**
John B. Larson, incumbent
Democratic, Working Families
Matthew M. Corey,
Republican
S. Michael DeRosa,
Green

**State Senate 4th District:**
Steve Cassano, incumbent
Democratic, Working Families
Lorraine Marchetti,
Republican, Independent

**State General Assembly 31st District:**
Matt Saunig,
Democratic, Working Families
Prasad Srinivasan, incumbent,
Republican, Independent

## Enrollment figures are in

Student enrollment in the town's schools is a big lower than last year, but slightly higher than projected. In all, 5942 students enrolled at the start of the current school year. That's 120 more students than projected and 59 fewer than a year ago.

The board of education is monitoring enrollment figures closely as it considers closing Eastbury Elementary School at the end of this year. Board members are expected to continue their review of the numbers before deciding whether to close the school. If they decide to close Eastbury, they will start developing a redistricting plan over the winter.

## Contracts reached for teachers

The board of education has reached a four-year contract agreement with the Glastonbury Education Association. The contract calls for a 1.65 percent increase in the 2017-2018 year, 1.77 percent in 2018-2019, 2.13 in 2019-2020, and 2.29 in 2020-2021. The contract also included changes in health benefits for teachers and increases for some coaching jobs. Board members also renewed the contract for Superintendent Alan B. Bookman, giving him a 4.5 percent raise. The new contract runs through June 2018. Bookman, a former principal at Glastonbury High School, has been superintendent for 12 years.

**GL**

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# Business Notes

**Caribbean Charm Boutique** has moved to a bigger space at 136 New London Turnpike near Rankin Road in the former home of Barnett & Bowman Real Estate. Owner Lauren Cheney is expanding her merchandise to include special monogrammed gift items for women, men and infants. The store is open Tuesday through Friday 11 a.m. to 7 p.m. and Saturday 10:30 a.m. to 4:30 p.m. Cheney said hours will be extended during the holiday season.

Caribbean Charm Boutique

**Cronin and Company, LLC**, has hired Alexandra Klima of West Hartford as a digital and analytics strategist.

David A. Flynn of **Glastonbury Retirement Advisors, LLC,** has earned the designation of Chartered Financial Consultant from the American College.

Nancy Arnold has joined the staff of the **New England Center for Cognitive Behavioral Therapy** as a counselor.

Employees of **Cronin and Company, LLC,** participated in the company's fourth annual "Cronin Cares" week, volunteering at four Hartford-based organizations.

**Pet Wants Glastonbury,** which offers a selection of all-natural, slow-cooked dog and cat food, has opened at 2249 New London Turnpike. The business also offers deliveries throughout Hartford and Tolland counties.

The local office of **Berkshire Hathaway HomeServices New England Properties** has hired Jamie Bell as a real estate agent.

**The S/L/A/M Collaborative,** a multi-disciplinary architectural firm, has hired architects Michael Pritchett and Ross Spiegel. **GL**

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# Note from Nancy

## It's a November thing…

When people talk about "the holidays," they're usually referring to the various celebrations in December. November, one of my personal favorite months, doesn't get much respect, but it should. It's jam-packed with religious and secular holidays, along with several that fall under the "What were they smoking when they came up with that one?" category.

Let's wander through the month ahead.

November 1 is All Saint's Day. There would be no Halloween without All Saint's Day. It seems to be a bigger deal for Episcopalians than for many other denominations, and I have no idea why, although I am one. November 2 is All Soul's Day, Deviled Egg Day, Look for Circles Day (really??) and Plan your Epitaph Day. For the record, it's also my birthday, and this year it's a big one.

Book Lovers Day is celebrated on the first Saturday of the month, which is November 5 this year. Personally, I love books every day of every month but I guess there's no harm in having a special day. November 5 is also Guy Fawkes Day, which is celebrated in the U.K. but not here. I was visiting our English friends on Guy Fawkes Day a few years ago and learned that it commemorates an unsuccessful attempt to blow up the houses of Parliament by a group headed by Guy Fawkes back in 1605. These days, it's an excuse to set off fireworks and then gather at the local pub for a few pints of lager.

There's not much to say about Marooned without a Compass Day or Saxophone Day, both observed on the sixth, or Bittersweet Chocolate with Almonds Day on the seventh. I love bittersweet chocolate but please hold the almonds.

November 8 is worrisome. Yes, it's Election Day, but it's also Dunce Day, which marks the death in 1308 of Duns Scotus, a Scottish scholar of questionable intellect who believed, among other things, that cone-shaped hats make people smarter.

We all know that November 11 is Veterans' Day, one of the few national holidays that hasn't been moved to a Friday or Monday to create a three-day weekend, but did you know that November 10 is Forget-me-not-Day and U.S. Marine Corps Day? They seem to go well with a day dedicated to honoring our veterans.

The 13th is, among others, National Indian Pudding Day. I still remember the first time I had Indian pudding, at Durgin Park in Boston about 50 years ago. I've been a fan ever since, but only if it's warm with a scoop of ice cream melting on top.

November 14 is World Diabetes Day and Operating Room Nurse Day. Our son-in-law is a cardiac cath lab nurse, so I'll be sure to send him a cheery text.

The 16th is Have a Party with Your Bear Day. Every now and then our six-year-old granddaughter borrows one of my bears and throws a party for him and a few of hers. Now we know when to do it.

The 19th is Have a Bad Day Day. How about going all out and having a "Terrible, Horrible, No Good, Very Bad Day"? If you haven't read Judith Viorst's book about a little boy named Alexander, celebrate by reading it.

November 21 is False Confession Day. Ah. If only it were that simple.

Thanksgiving is November 24 this year. The great debate in the Thompson family will be whether to deep fry the turkey or not.

That's followed, of course, by Black Friday, which also happens to be the official celebration of Buy Nothing Day and You're Welcome Day.

By then, December will almost be upon us. In the meantime, let's enjoy November while we have it.

*– Nancy Thompson*

## Corrections

Two captions were reversed in the Your Thoughts feature on page 42 in the October issue of Glastonbury Life. The photo at the top of the page is of Mitzi Bognar, and the photo at the bottom is of Lucy Webb.

The name of Lisa Blancato's daughter Farrah was incorrect in a story on page 7 in the October issue of Glastonbury LIFE.

# Letters

## Marchetti will fight for us

**To the Editor:**

There are very few times in one's life when you have the opportunity to publicly endorse a candidate who not only is the overwhelming choice of the Republican Party, but more importantly is the candidate who has a vision for correcting the State of Connecticut's economic and monetary policies. Lorraine Marchetti's experience with the University of Connecticut, the Glastonbury Board of Education, Glastonbury Town Council, and education foundation, as well as countless other boards and commissions, has clearly shown that she has the ability to understand the complex issues that come before her and can lead a team to decisive action. Ms. Marchetti's record is out there for all to see and I encourage everyone to take the time to do just that.

The State of Connecticut is in a desperate state of affairs. Lorraine Marchetti will go to the capitol and fight for you and me and every citizen of our great state. I know this to true because I have seen her in action. I know this to be true because of her record. And I know this to be true because of her commitment to good citizenship. Please join me and cast your vote for Lorraine Marchetti for state senator for the fourth district because you deserve better.

*– William T. Finn*

## Marchetti is dedicated

**To the Editor:**

With the national headlines tracking the presidential race between two unpopular candidates, disenchanted voters should not forget another important opportunity available to them in this election period – the vote for statewide and municipal offices. These offices control state and local government operations, planning and legislation, as well as budgets and the expenditure of a significant portion of the voter's tax dollars in the region where we live.

The current fiscal mess of the Connecticut state government is the result of one-party rule. As an example, in the budget committee planning efforts the Democratic governor excluded Republican legislators who typically don't agree with many of the Democratic platforms and policies. Republican legislators were not given a chance to be heard, and with their exclusion the representation of tens of thousands of Connecticut citizens was cut off. That is not the way a democratic (lower case d) government is supposed to operate. It is within the power of the voters to correct this situation if some semblance a democratic institution is to be recovered and enjoyed.

To accomplish this goal, we need competent, dedicated representatives in state government like Lorraine Marchetti, who is running for state senator for the fourth senate district.

I have known Lorraine for more that 25 years. She has raised a family in Glastonbury, and has held municipal offices with dedication and energy that must be admired. Lorraine is a voice of reason and is not afraid to speak out when the time is right. She is fiscally responsible and politically balanced to bring opposing factions to a consensus. Lorraine is taking on a challenging incumbent, but she is what we need in this wearisome state of state affairs. Please support Lorraine Marchetti for state senator on November 8.

*– John Lindeman*

## Republican candidates deserve support

**To the Editor:**

Glastonbury residents are rightfully proud of the quality education we provide for our children. Yet many are concerned about the cost of maintaining our excellent schools.

No one is up for election to the board of education this year, but your vote this November will still have a significant effect on our education budget. Unfunded mandates are an enormous driver of budget growth. These are often well-intentioned requirements designed to improve the quality of education at schools in other towns that have challenges we do not share. But the state imposes a one-size-fits-all "solution" on everyone. And it forces our towns to foot the bill.

This leaves us with a terrible choice. Either we can pay for a state mandate we don't need and make cuts in other services that provide a benefit to our students, or we can raise taxes. Neither is a good outcome for Glastonbury.

Curbing these unfunded mandates at the state level is therefore a critical step toward slowing budget increases at the town level. How do we do it? We must elect legislators who understand the burdens that unfunded mandates place on our students, taxpayers and schools. We must support leaders who recognize that our schools will work best if the state does not meddle to fix problems we don't have using "solutions" we don't need. And we must encourage our friends and neighbors to do the same.

In Glastonbury, we are fortunate to have Prasad Srinivasan and Mark Tweedie, two state representatives who understand the dangers of unfunded mandates. Prasad and Mark support quality education for all, but they recognize that unfunded mandates pull us farther from that goal. Both deserve to be re-elected to the general assembly.

We also have the opportunity to elect Lorraine Marchetti to the state senate. Lorraine served on our board of education for 12 years and then served on our town council. She has firsthand experience juggling the needs of Glastonbury students, the needs of Glastonbury taxpayers and the need to comply with burdensome requirements imposed on us from Hartford. Lorraine has always been a strong advocate for Glastonbury schools, and we can trust her to continue to fight for us in the state senate.

If you share my desire to maintain the quality of our schools while avoiding massive local tax increases, please join me in supporting Prasad Srinivasan, Mark Tweedie and Lorraine Marchetti on November 8.

*– Lillian Tanski*

## Srinivasan deserves re-election

**To the Editor:**

Glastonbury should re-elect Dr. Prasad Srinivasan to a fourth term in the state legislature. Dr. Srinivasan represents the best of Glastonbury. He is a local small business owner who has dedicated his professional life to providing medical care to our neighbors and friends. He has lived in town for more than 30 years, raising his family in Glastonbury and devoting countless hours to supporting local civic organizations and charities. As our state representative, he is respected on both sides of the aisle as an intelligent, compassionate and practical problem solver who puts aside partisanship to work on solutions that benefit everyone. Dr. Srinivasan's work has earned him leadership positions in the legislature as well as numerous awards and honors in Connecticut and throughout the country. He is a remarkable man and a terrific representative for our town.

I encourage everyone to join me in voting to re-elect Prasad Srinivasan on November 8.

*– Bala Thiru*

## Srinivasan is an active voice

**To the Editor:**

Prasad Srinivasan should be elected to the state legislature on November 8. He is a positive and active voice in all Glastonbury matters and in state concerns. He goes the extra mile to be a constant and vigilant representative for the citizens of our town and is generous with his time to listen to his constituents and help with their concerns. His six years of experience in the legislature and his expertise have put him in the forefront of local and state issues. He gets to the heart of those issues and helps create solutions. The state of Connecticut is deplorable. The huge debt grows and grows, taxation and spending increase constantly, the refusal to make cuts and adjustments to costly regulations are causing good people to leave Connecticut for less expensive states. Those people take their experience, their knowledge, and their money from our state. A vote for Prasad will be a vote for sensible financial management, cuts in spending, and changes in the wanton way things have been done for years under a one party system run by the Democrats. He will stand up with the strong team of Republican legislators to make changes and make a difference in the quality of life for all citizens in Glastonbury and Connecticut. Vote for Prasad Srinivasan for our state representative.

*– Judith Stearns*

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Dr. Yannopoulos joins John Mara, MD, Robert McAllister, MD and Randall Risinger, MD of Hartford Orthopedic Surgeons and is welcoming new patients at this time. To arrange a consultation, please call us at 860-525-4469.

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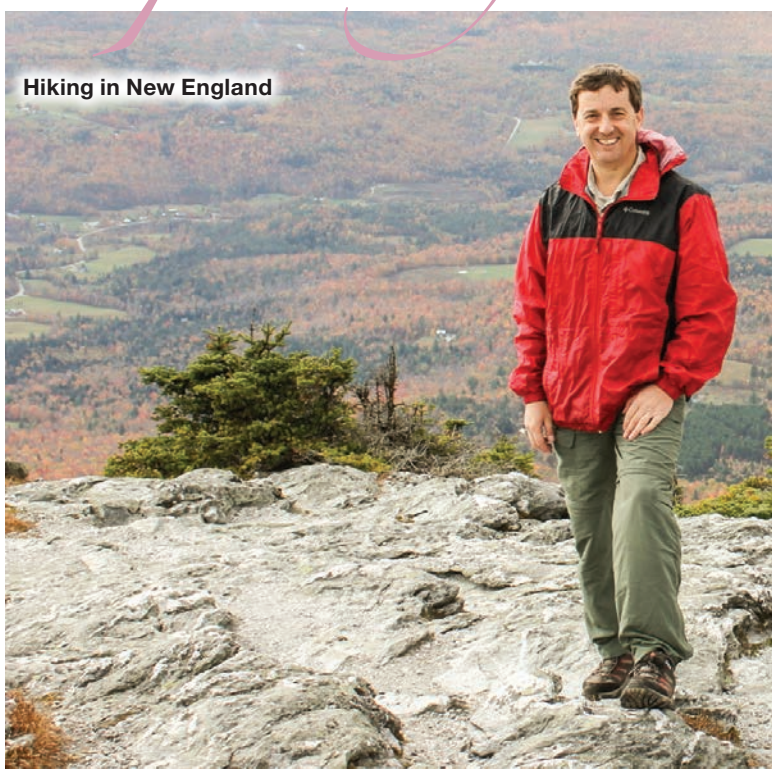
See story on page 20
You may send items to LIFE, 540 Hopmeadow Streeet, Simsbury, CT 06070 or email Nancy Thompson at nthompson@turleyct.com.

# Events spotlight


Hiking in New England

## Hiking in New England

November 5, 1 to 3 p.m.
*CT Audubon Society Center at Glastonbury*
*1361 Main St.*
*860-633-8402 or ctaudubon.org*

Author Jeff Romano will talk about day hiking opportunities throughout New England, highlighting the region's best hiking destinations. He'll also share advice, provide insights, and answer questions on how and where to plan a hiking adventure. The presentation will also include information on New England wildflowers, birds and other wildlife. Jeff Romano is the author of three hiking guide books: Day Hiking New England, 100 Classic Hikes: New England, and Best Loop Hikes: New Hampshire's White Mountains to the Maine Coast.

## Hike in the Whitehouse tract of the Hollister Preserve

November 27, 1 p.m. (no rain date planned)
*Starts at the preserve entrance on the south side of Tall Timbers Road, about 200 yards from New London Turnpike. Set GPS to 585 Tall Timbers Rd.*
*Visit lhcglastonbury.org or call 860-652-8995*

Get out in the fresh air after all that turkey and football. Experts will serve as docents for this hike, sponsored by the Land Heritage Coalition of Glastonbury. The preserve offers vistas of the Connecticut River Valley, Hartford, and Glastonbury and honors Carl Hollister and the Waring Family, who were long-standing advocates for open space preservation in town. The hike, through the Whitehouse Family Nature Preserve, is of medium difficulty. Charley Smith is the coordinator and hike contact. He can be reached at 860-508-1844.

## Seventh Annual Holiday Art Exhibit and Sale

November 12 and 13, 11 a.m. to 5 p.m.
*Riverfront Community Center, 300 Welles St.*
*glastonburyartguild.org/holiday-fine-art-show or 860-659-1196*

This is the seventh year of what has become a local tradition. The exhibit and sale, sponsored by Glastonbury Arts, formerly known as the Glastonbury Art Guild, will offer a diverse selection of styles and subjects. The

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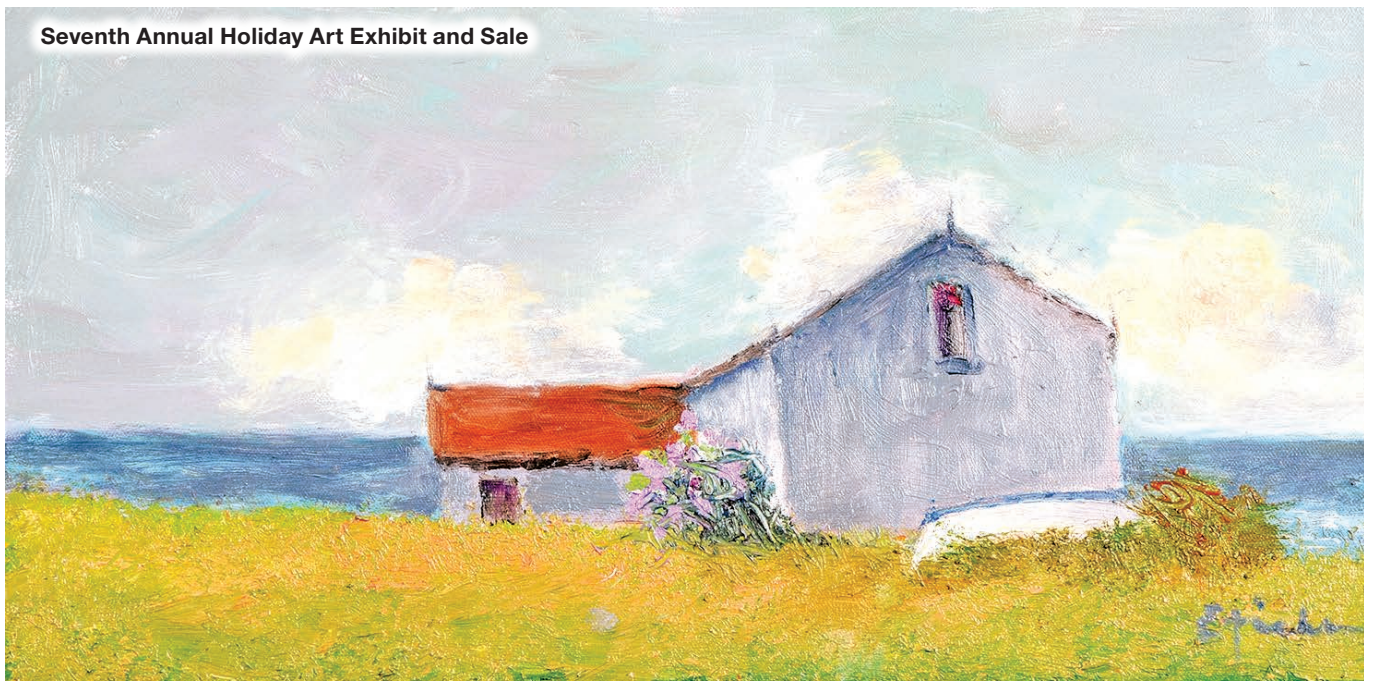


artists invited to participate in the show, many of whom have been recognized regionally and nationally, were selected for the caliber of their work and talent. This year's exhibit will include a meet-and-greet reception with the artists November 12 from 5:30 to 7 p.m. For a $5 donation guests will be able to mingle with the artists and representatives of Glastonbury Arts while enjoying hors d'oeuvres, wine and bottled water.

## A New England Thanksgiving

*November 13, noon to 3 p.m.*

*Welles-Shipman-Ward House, 972 Main St.*

*860-633-6890 or hsgct.org*

Visitors will travel back in time to colonial Glassenbury, as the town was known then, to celebrate what colonists considered to be the biggest holiday of the year.

The event includes tours of the Welles-Shipman-Ward House and its barns and property. Visitors will be able to sample several dishes made in the house's 18th-century fireplace, including chicken pie, cranberry pie and Marlborough pudding, a lemon custard with apples. **GL**


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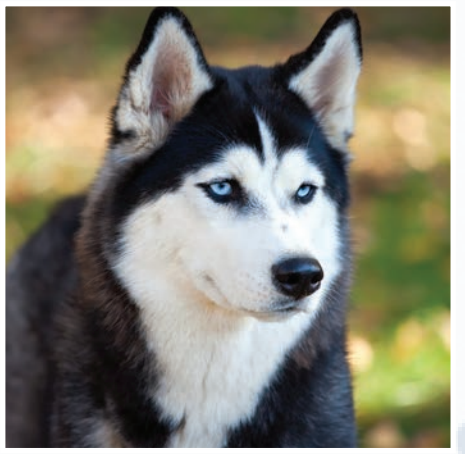

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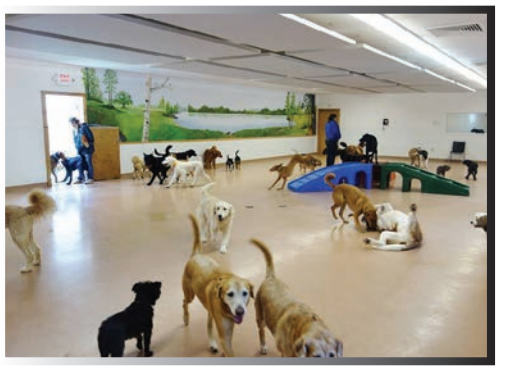

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*Inquiries about adoption may be made at the Connecticut Humane Society, 701 Russell Road, Newington. Call 860-594-4500. More information, including videos, can be found online at cthumane.org. Click on "Adopt" and "Newington." The Connecticut Humane Society is a private organization and has no time limits for adoption.*


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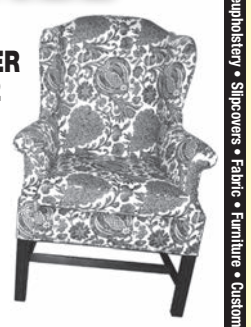

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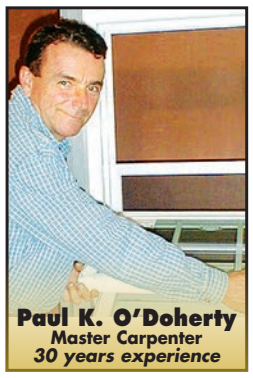

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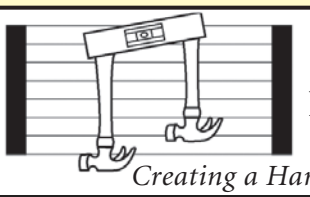

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BY MARK DIXON
WFSB METEOROLOGIST [AMS]

# November...

In climatological terms, this month is the 3rd and final of what we call 'meteorological fall' ...here are some highlights, based on what has happened in the past.

The average low and high temperatures on the first of November are 37 and 57, respectively; by the end of the month, they drop to 29 and 46. These values are determined using Bradley International Airport, Windsor Locks as the official location for record keeping (a timeframe of 3 decades is used to calculate "normal" vales for low and high temperatures).

With regard to extremes this month, the coldest temperature, since records have been kept, was 1 degree set on the 24th in 1989; conversely, the warmest temperature was 83, set on the 2nd in 1950.

November is also a month that features a big loss of daylight. From the first day of the month, with a sunrise of 7:24am and sunset of 5:44pm --- to the last, with a sunrise of 6:58am and sunset of 4:21pm... there is a loss of 58 minutes of possible daylight in 30 days!

This also is the month when we end Daylight Saving Time (DST), meaning it's time to 'fall back' ...reallocating an hour by setting our clocks back an hour, on Sunday the 6th. This is also a good time to change the batteries in your smoke detectors! **GL**

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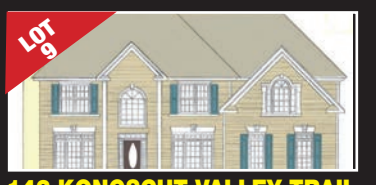


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**Glastonbury, $665,000**
To Be Built: Life isn't an upgrade here at the Homes at Pine Ridge Visit homesatpineridge.com 4 beds; 2.1 baths; 3080 sq. ft.

**190 DAYTON ROAD**
**Glastonbury, $400,000**
Private 4ac property, oversized Cape, 1st floor master suite & with full lower level apartment. 4 beds; 3.1 baths; 3355sq. ft.

**882 BIRCH MOUNTAIN RD.**
**Glastonbury, $464,900**
Beautifully updated and spacious, eat-in kitchen with granite counter tops, opens directly to deck. 3 beds; 2.1 baths; 3216 sq. ft.

**216 Isinglass Hill Road**
**Portland, $425,000**
Single Floor Living! A great alternative to a 55+ community. Open floor plan; eat-in kitchen & more! 3 beds; 2 baths; 2132 sq. ft.

**104 ASH SWAMP**
**Glastonbury, $289,900**
Flexible floorplan, large private lot, updated kitchen & first floor master suite. 5 bedrooms; 3.0 baths; 2,422 sq. ft. 4 car garage.

**449 BUTTONBALL LANE**
**Glastonbury, $299,900**
Great value in very popular buttonball neighborhood close to town! 1st fl bedroom and full bath! 4 beds; 2.1 baths; 2134 sq. ft.

**1378 MAIN STREET**
**Glastonbury, $349,800**
Antique charm! The Ebenezer Hale house has three floors of living space, historic touches throughout. 4 beds; 2.1 baths; 2850 sq. ft.

**205 BELL STREET**
**Glastonbury, $300,000**
Very charming Cape with central air, new roof and large great room. 1st floor ensuite master bed. 4 beds; 2 baths; 2190 sq. ft.

**62 COTSWOLD CLOSE**
**Glastonbury, $849,900**
Grand & spacious home, stunning architectural detail in every room. First floor master suite! 4 beds; 4.1 baths; 3641 sq. ft.

**75 SACHEM DRIVE**
**Glastonbury, $515,000**
Nestled in quiet cul-de-sac neighborhood with first floor master suite and a large front yard. 4 beds; 2.1 baths; 4022 sq. ft.

**50 BROOK STREET**
**Glastonbury, $287,500**
Kitchen features granite counters, bright white cabinets. 2 main floor beds w/full renovated bath. 4 beds; 3 baths; 2664 sq. ft.

**119 LEXINGTON ROAD**
**Glastonbury, $300,000**
Popular Lexington/Barrington neighborhood, classic & bright, upgraded kitchen. 4 beds; 2.1 baths; 1920 sq. ft. Also for Rent!

**322 CAVAN LANE**
**Glastonbury, $267,500**
Renovated kitchen & baths w/granite counters. Hardwood floors throughout main level! 1st floor office. 2 beds; 2.1 baths; 1450 sq. ft.

**125 COUNTRY LANE**
**South Glastonbury, $419,900**
Custom Colonial in popular neighborhood. 4th bedroom in lower level. 4 beds; 3.1 baths; 3501 sq. ft. includes finished lower level.

**146 CONESTOGA WAY**
**Glastonbury, $189,900**
Very clean and spacious! Living room w/ fireplace & walkout to private backyard deck/ patio area. 3 beds; 3.1 baths; 1428 sq. ft.

**55 MARLBOROUGH ROAD**
**Glastonbury, $439,900**
Four floors of living space in this well-maintained contemporary, including the finished lower level. 4 beds; 3.1 baths; 3054 sq. ft.

**80 GRANDVIEW DRIVE**
**Glastonbury, $398,000**
Grand contemporary with soaring spaces and entertaining areas in neighborhood of other fine homes. 4 beds; 3.1 baths; 3091 sq. ft.

**54 KINGSWOOD DRIVE**
**South Glastonbury, $999,999**
Custom Estate in premier neighborhood. Classic architecture, with many modern comforts. A "must see"! 5 beds; 4.3 baths; 5367 sq. ft.

**27 LAZY VALLEY ROAD**
**Glastonbury, $659,000**
Beautifully maintained, warm inviting decor, very special newer colonial in private enclave of homes. 5 beds; 3.1 baths; 4116 sq. ft.

**113 COLTON ROAD**
**Glastonbury, $750,000**
Best value in one of the most sought after neighborhoods! 1st floor bedroom w/office & full bath. 5 beds; 5.1 baths; 4273 sq. ft.

**18 MENLO PLACE**
**Glastonbury, $535,900**
LAST ONE! Stainless, granite, hardwood floors, tile baths. Bonus room on 2nd floor. 55+ Active Adult. 3 beds; 2.1 baths; 1944 sq. ft.

**162 RIDGE ROAD**
**Glastonbury, $619,000**
Hartford skyline views just the beginning! Large kitchen, 1st floor bed/office, 2nd floor Master suite. 5 beds; 5 baths; 4795 sq. ft.

**76 SPELLMAN POINT ROAD**
**E. Hampton, $619,900**
Meticulously rebuilt from top to bottom, lakefront home on highly desirable Spellman Point. 3 beds; 2.1 baths; 2438 sq. ft.

**ADENA'S WALK DEVELOPMENT**
**Glastonbury, $464,810**
#4 Tarragon Model has the most contemporary feel of all our models. 3 beds; 2.1 baths; 2266 sq. ft. Additional Units available. 55+.

**Glastonbury Lots & Land**
150 Ash Swamp Rd., 36.2 acres **$500,000**
121 Chamberlain Ln., 2.53 acres **$299,900**
125 Chamberlain Ln., 2.56 acres **$239,000**
582 Main St., 6.62 acres **$175,000**

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